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Cheyenne & Arapaho
TRIBAL TRIBUNE

CHEYENNE & ARAPAHO TRIBES

Volume 4, Issue 16 | May 15, 2009 | 50 cents

Remembering victims of crime

By Rosemary Stephens, Reporter/Graphic Artist

Family and friends enter the courtroom where they are given a crystal glass container with a small white candle inside.

They gather for the 17th annual Candlelight Vigil at the Canadian County Courthouse in El Reno, Okla. to remember and honor family members.

"I hope tonight will bring peace and some closure to the crime victims' families," Cathy Stocker, Canadian County District Attorney, said. "Tonight we are also celebrating the Victim's of Crime Act 1984 (VOCA) and declare the week of April 27 as Victims of Crime week … without this act many families would not have received the financial, emotional and mental help they needed following the death of their loved ones by violent crimes."

Carrie Whitlow, Cheyenne and Arapaho tribal member, performs the Lord's Prayer in American Indian sign language.

The VOCA was an attempt by the federal government to help victims of criminal actions through financial means, not just punishment of the criminal. It created a federal victims compensation account funded by fines assessed in criminal convictions and it established provisions to assist state programs that compensated the victims of crimes.

The compensation system is still in existence and has distributed over $1 billion in funds since it began.

Opening the ceremony on April 28, 2009 was Cheyenne and Arapaho tribal member Carrie Whitlow who performed the Lord's Prayer in American Indian sign language as the song played in the background.

Keynote speaker, Dreu Kopf, survivor of a brutal attack in 2005 tearfully recounted her story of bravery and escape.

"I was at home on maternity leave with my best friend, Amber, and my two young children when two men broke into my home … I yelled for Amber to take my kids and run. I tried to fight one of the men and he began to shoot, I was shot in the head, the hand, on my body, but all I could think about was getting these men away from my kids," Kopf said.

She managed to escape, flag a truck down for help and then was rushed to the hospital in Watonga, Okla. From there she was airlifted to the University of Oklahoma (OU) Trauma Center, still not knowing if her children or her friend were still alive.

"I can't remember being in pain, I just wanted to know my children and friend were alive … then I found out, my children survived but my best friend Amber was shot to death," Kopf said through tears streaming down her face.

Dreu Kopf, a survivor of a brutal attack, shares her story with the audience.

Following Kopf's story, family members in the audience stood up one by one sharing their personal stories of pain and horror of losing loved ones to crimes.

"I am here to light a candle for Summer Rust, my ex-wife, my daughter Evynn Garas and my step-children Kirsten, Teagin and Autumn Rust … all of them murdered here in El Reno in January. Their murderer has yet to go to trial," Jason Garas softly said.

Garas and Joshua Moore, whose brother was recently murdered, held softly flickering candles as each guest rose from their seats to light their candles from Garas and Moore.

As each person lit their candle, they stated the name of their family member they were there to honor.

In the background Cheyenne and Arapaho tribal member George Woods played a calming melody on the flute.

"I would like to thank my office staff for all their hard work and all the sponsors of this event, including the Cheyenne and Arapaho tribes … I want each of you to know that my office will continue to fight for justice for each of your loved ones whose lives were taken so brutally and so early from your lives," Stocker said.

Photos by Rosemary Stephens

Jason Garas lights a candle of one the victim's family members.

State education study proposed

By Dana Attocknie, Managing Editor

Leaders from all levels of education meet for a roundtable discussion about the past, present and future of education for American Indian students.

A reception for National Indian Education Association President Robert Cook on May 6, 2009 at the Oklahoma State Capitol allowed a handful of state educators to address concerns, statistics and ideas with a few state legislators.

"The bottom line is we need our Indian kids to graduate," Cook said. "(We) need better collaboration within our states, we need our Indian education departments funded and staffed. An investment in our youth is an investment in our future."

A fact sheet was presented to State Sen. Ron Justice (District 23) and Reps. Ann Coody (District 64) and Shane Jett (District 27). Coody is the Common Education Committee chairwoman.

The fact sheet listed the Indian education laws, the number of Indian education staff, contact information, the number of charter schools and the number of Indian students in the states of Arizona, Montana, New Mexico, Washington and Oklahoma. The state with the greatest num-

See study, page 7

Photo by Rosemary Stephens

The 2009 Miss Indian Oklahoma princess, Brianna Chavez, Junior Miss Indian princess, Aysia Kemble, and Little Miss Indian princess, Gabrielle Padilla attend the Red Earth festival press conference.

Announcing the Native American Red Earth festival

By Rosemary Stephens, Reporter/Graphic Artist

The Oklahoma State Capitol in Oklahoma City set the scene for a preview of the upcoming 23rd annual Red Earth festival to be held June 5-7, 2009.

On Monday May 11, 2009 Red Earth board members, government representatives and guests gathered to learn more details of the upcoming event. As an added surprise, guests were able to preview Native American dance performances by students from Shawnee, Edmond and Oklahoma City.

"The idea for Red Earth was born 24 years ago and 23 years ago the very first Red Earth Festival took place here in Oklahoma City. If you have never been there, you and your family are missing out on a rich culture experience and celebration," Oklahoma State's Lt. Gov. Jari Askins said.

Lou Kerr, Kerr Foundation president and a strong supporter of the Red Earth festival said the Red Earth festival has been named in the top 100 events in North America and named Oklahoma's Outstanding Event by the Oklahoma Tourism Department.

"Red Earth had over 750 dance competitors last year and this year it is anticipated that over 900 dance competitors will be in attendance from all over the United States and Canada," Kerr said. "In 2008 the Red Earth festival generated over $6 million into Oklahoma City's economy … and that figure is expected to be much higher this year."

At this year's festival, Cherokee Chief Chad Smith will be honored as the Ambassador of the Year at a luncheon to be held on Thursday June 4, 2009 at the Skirvin Hotel.

Also being honored at this year's festival is Jereldine Redcorn as the 2009 Red Earth festival Honored One. Redcorn is one of the few living Caddo tribe potters practicing the age-old art. She is a master potter and her pottery is shown in institutions throughout the United States, including the Smithsonian and the Chicago Arts Institute.

Redcorn was also the first Red Earth festival director 23 years ago.

"This is one of the biggest honors of my life and I appreciate it very much … who would have *thunk* it," Redcorn said laughingly.

On Saturday, June 6, 2009, the Red Earth festival 5K and 2K Fun Run at Riverfest is scheduled to kick off with registration at 7 a.m.

The cost is $25 for adults and $20 for students, with each participant receiving a t-shirt, complimentary admission into the Red Earth festival and a commemorative medal.

The Red Earth festival is set to begin with a parade at 10 a.m. Friday, June 5, 2009.

For more information call (405) 427-5228 or email info@redearth.org.

For a tenative schedule, see page 9.

Memorial Day

May 25, 2009

When I'm Gone

- Mrs. Lyman Hancock

When I come to the end of my journey
And I travel my last weary mile,
Just forget if you can, that I ever frowned
And remember only the smile.

Forget unkind words I have spoken;
Remember some good I have done.
Forget that I ever had heartache
And remember I've had loads of fun.

Forget that I've stumbled and blundered
And sometimes fell by the way.
Remember I have fought some hard battles
And won, ere the close of the day.

Then forget to grieve for my going,
I would not have you sad for a day,
But in summer just gather some flowers
And remember the place where I lay,

And come in the shade of evening
When the sun paints the sky in the west
Stand for a few moments beside me
And remember only my best.

Memorial Dedication

Submitted article

The Cheyenne and Arapaho tribes Office of Veterans Affairs will be having a dedication by placing a wreath at the tribal Veterans Memorial at 9:30 a.m. May 26, 2009. Weather permitting.

Due to budget restraints we are unable to place names this year. Hopefully we will have enough funds to place the names next year.

There is still time for veterans to submit their names or their relatives' names. Applications are available at the veterans office in El Reno, Okla.

For more information, call Marvin Wilson at (405) 234-7062.

Methamphetamine forum

By Cecil Dawes, Ad sales/Mailing list

A forum on methamphetamine was held at Southwestern Oklahoma State University in Weatherford, Okla. as a follow-up and a part of phase II of the Crystal Darkness Series shown Jan. 13, 2009.

Photo by Cecil Dawes

Terry Smith, Cheyenne and Arapaho tribes probation officer, discussing a group model during a methamphetamine forum in Weatherford, Okla.

The objective of the forum was to develop community action plans for methamphetamine prevention.

Substance abuse presentation strategies, county specific needs assessment and funding opportunities were discussed among the participants.

The forum was organized by the Area Prevention Resource Center in Clinton, Okla. with Michelle Dodgen, Area Prevention Resource Center supervisor, Paul Fuentes, prevention supervisory and Megan Stringer, presentation educator.

Participants were placed in groups to discuss ideas on why methamphetamine was a problem within the community.

Arlinda Copeland, of The Turning Point, was the facilitator for one discussion.

One of the groups, which included Pat Smothers, Cheyenne and Arapaho tribes vocational rehabilitation counselor, Terry Smith, Cheyenne and Arapaho tribes probation officer, Maria Thorpe, Cheyenne and Arapaho tribes, David Wright, evaluator, and Pat Meyer, Faith Partners, developed the following substance abuse model as an example.

The reasons given were: 1) peer pressure, 2) easy access, 3) this was socially acceptable in the family, 4) lack of awareness, 5) lack of understanding of the community as a whole, 6) the leader was putting their heads in the sand by knowing but not reporting of any incidents, 7) no reporting of negative things, 8) a conscious denial by saying "my kids are goods kids," 9) a stigma of reporting a problem in the community, 10) no cultural related services, 11) trust both ways between the tribal community and the general community, 12) the teen's social image, 13) no community involvement, 14) people want the problem fixed but don't want to be involved.

Smith said the problem is inter-generational. He said he is finding many of the problems are occurring in households where children, parents and grandparents are residing together.

Harold Spradling, Substance Abuse Program director, stated, "The Oklahoma Methamphetamine Prevention Initiative conducted a community forum for residents of Custer County. Several of us tribal members and tribal employees were present to add our support to these funded and volunteer programs. We sat in groups and brainstormed until we were satisfied with viable plans to encourage community support for prevention of meth use but other drugs and alcohol as well."

The Substance Abuse Program at George Hawkins Memorial Treatment Center is located at 10320 North Airport Road in Clinton, Okla., and has a working agreement planned by grant funding to reach young people of the Cheyenne and Arapaho tribes.

Some of the conference participants were affiliated with Substance Abuse Prevention Services of Southwest Oklahoma Indians (SAPSWOI).

These participants included Paul Fuentes, prevention specialist, Dodgen, Red Rock Behavioral Services - Prevention Services supervisor and Spradling.

At the George Hawkins Memorial Treatment Center adults are treated for the result of substance abuse and addiction.

Prevention programs deal with the problem at an early age when children are most susceptible.

Spradling stated, "Forums such as these are excellent planning meetings but work only with a dedicated group of workers and many volunteers. We hope to contact and educate as many of our children as possible to inform them of the dangers of substance abuse."

New tree lined route set for annual Red Earth festival parade

(OKLAHOMA CITY) - What has been referred to as America's most unique parade is changing directions.

The Red Earth festival parade, which opens the annual Native American Cultural Festival on June 5, 2009 has changed its route to circle downtown Oklahoma City's Myriad Botanical Gardens before returning to the Cox Convention Center.

Photo by Dana Attocknie

The Cheyenne and Arapaho tribes chiefs participate in the 2008 Red Earth parade in Oklahoma City.

The streets of downtown Oklahoma City will be alive with Native American spirit as the Red Earth Festival celebrates its 23rd year of being Oklahoma's premiere cultural experience.

The Red Earth festival parade starts at 10:30 a.m. at the Cox Convention Center at EK Gaylord Blvd and Sheridan Avenue.

The procession travels west running along tree lined Sheridan avenue before turning south on Hudson Avenue for one block.

The parade then travels west on Reno as it returns to the Cox Convention Center.

The parade is expected to last approximately one hour signaling the opening of the Red Earth Art Market followed by the grand entry of dancers scheduled for noon inside the Cox Convention Center arena.

Last year the Red Earth parade featured had more than 100 colorful entries while nearly 10,000 spectators lined the streets of downtown Oklahoma City to experience the colorful event.

The parade is free to the public and free for participants. Participants may include but are not limited to tribal programs, officials and princesses, color guards, dancers, music groups, school groups, drum groups and community organizations.

Tickets to attend the Red Earth festival are $10 for adults, $7.50 for seniors and youth and free for children under 5. Three day passes and group rates are available.

Tickets can be purchased at www.ticketmaster.com or at the Cox Convention Center box office.

Burial Program notice

Submitted article

The Burial Program employees regret to inform Cheyenne and Arapaho tribal members that effective May 15, 2009, the program will no longer be able to grant meal/transportation assistance to the family of a non-tribal member.

If the decedent is an infant who would have been eligible for membership, the assistance (both burial and meal/transportation) will remain available.

For further clarification, if a non-enrolled loved one passed away before the effective date of this decision and the application process has not been completed, no assistance will be granted.

From this day forth, meal/transportation assistance will only be granted to a designated next-of-kin of a deceased enrolled tribal member. If there is no designee, the assistance will be granted to an immediate family member (father, mother, husband, wife, son, daughter, brother, sister) of the family's preference.

Please acknowledge our regrets for this complicated decision.

Elder Care offices closed for training

The Elder Care office case workers will be out of the office for computer training all day on Wednesday May 20, 2009. Elders will be able to leave phone messages.

The Clinton outreach office will be closed that day (May 20) for the same training.

The Seiling outreach office will be closed that day (May 20) for the same training.

Instead, elders may come in from 9 a.m. to 3 p.m. on Tuesday May 19, 2009. This will be the only time the Seiling office will be open on a Tuesday.

The Clinton Elder Care office will be open on Friday May 22, 2009 from 9 a.m. to 3:30 p.m., the usual hours.

The Clinton Elder Care office will be closed Thursday May 21, 2009 so the outreach worker can receive training on Automated External Defibrillators.

Elders may contact the Clinton office on Friday, May 22, 2009 from 9 a.m. to 3:30 p.m.

Elder Care apologizes for the inconvenience.

PUBLIC NOTICE

The Cheyenne and Arapaho Child Care Development program will be on display for public review.

Tribal members are encouraged to review the plan and make comments and/or recommendations. The plan can be reviewed at the Concho Child Development Center from 8 a.m. to 5 p.m. Monday thru Friday. Public hearings will be held on the following date, time and locations:

Friday - June 19, 2009 from 1 p.m. to 3 p.m., at the Concho Child Development Center and the Clinton Child Development Center.

Memorial Day flags

Submitted article

The Office of Veteran Affairs will be placing our nations flags on graves of our veterans the weekend of May 16-17, 2009. We ask that you do not remove these flags.

The flags will stay there after Memorial Day weekend. We only ask this because we have a very limited supply. Many of the flags were taken last year and we don't have the funds to replace them.

We ask this in respect to our tribal veterans. If you have any questions, please contact Marvin F. Wilson, at (405) 422-7682. Thank you.

OVA defines role

Submitted article

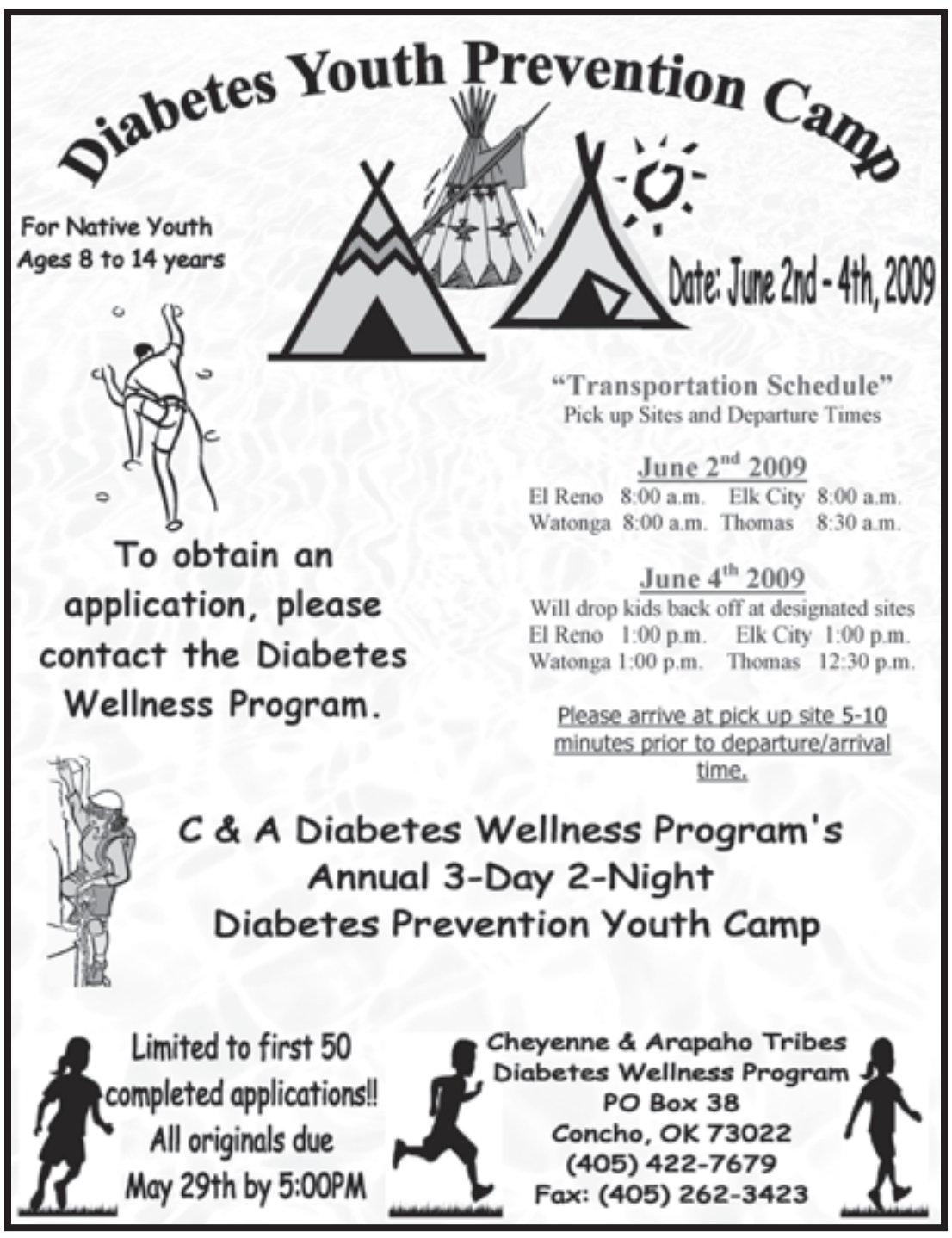
There is a grave misconception that this office, Cheyenne and Arapaho tribes Office of Veterans Affairs, only assists tribal members. While we were placed here to assist tribal veterans; our office assists "ALL VETERANS" tribal or non-tribal just as long as they are veterans. We will assist all veterans in the following areas:

Veterans Benefits- Help file for VA service connected compensation, veterans pension, burial and memorial benefits.

VA Health Care- the Office will actively facilitate referral to the VA Health Care System.

OUTREACH: The office will regularly outreach Cheyenne and Arapaho country including Clinton, Hammon, Seiling, Canton, Watonga, Kingfisher to provide veterans services. We travel to veterans homes if they do not have transportation.

Please call Marvin F. Wilson, service officer, at (405) 422-7682 with any questions concerning assistance.



Cheyenne and Arapaho Tribal Tribune

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Oklahoma Press Association member

Native American Journalist Association member

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Tribal members may pick up copies at the following Oklahoma locations: Tribal complex, Smoke shop in Concho; Indian clinic, BIA office, Education building (Canadian Square), Chamber of Commerce, City Hall in El Reno; Indian clinic, Elder care, Housing building, Annex, Cheyenne Culture Center, Smoke shop in Clinton; Indian clinic, Food Distribution in Watonga; Canton Smoke shop, and Seiling/Fonda Community Center. / Papers are printed by Lindsay Webb Press.

Newspapers per copy - 50 cents; Annual subscription rate - $25; Enrolled C & A tribal members - FREE.

DEADLINES: *The Tribal Tribune is published on the 1st and 15th of each month. The deadline for the 1st issue is the 23rd of the previous month and the deadline for the 15th issue is the 8th of that month.*

Seniors honored at graduation banquet

By Cecil Dawes,
Ad sales/Mailing list

The Cheyenne and Arapaho 2009 Graduation Banquet was held on May 6, 2009, at the Student Union Ballroom of Southwestern Oklahoma State University, Weatherford, Okla. This annual event was sponsored by the Cheyenne and Arapaho tribes Department of Education.

Chance Rush, Arapaho, was the master of ceremonies. The Red Moon Singers from Hammon, Okla., provided the musical entertainment. The Red Moon Singers also sang their new song that was unveiled at the Gathering of Nations in Albuquerque, N.M.

Members of the tribal college were introduced along with Garrett King, a tribal case worker from the staff of Congressman Frank Lucas, Scott McCortney, Concho Agency acting superintendent, Glenn Meriweather, Mike Brown, Weatherford mayor, Pauline Harjo, Cheyenne and Arapaho Tribal College Board of Regents, Lawrence Hart, Cheyenne and Arapaho Tribal College Board of Regents president, Lt. Gov. Teresa Dorsett, Cheyenne and Arapaho tribes, Francis Bates, Canton Title VII coordinator, Holly Youngbear, Watonga Title VII coordinator, Randy Spigney, Hammon superintendent of schools, Ruth Whiteskunk Cheyenne language instructor, and Carol Joyce Bullcoming, Cheyenne language instructor.

The opening remarks by Quinton Roman Nose, Department of Education director, included acknowledgment of Lynette Tipman, El Reno Public Schools superintendent. He said, "Thank you to the families for bringing their students to this event and the education staff for their help in the completion of this event." He also recognized the tribal employees.

Roman Nose said, "This event is getting better and better each year. He congratulated the students for their hard work and invited them back to attend in three or four years when they graduated from college."

Brown welcomed and congratulated all the graduating seniors to Weatherford and said they could be anything that they wanted to be and to enjoy their evening.

Dorsett also addressed the graduating seniors on behalf of Darrell Flyingman, Cheyenne and Arapaho tribes governor, and welcomed all the parents.

"This is definitely a time for celebration, appreciation, and I would like to acknowledge the parents," Dorsett said. "For your children, we all know that the parents are the first teachers and nowadays that it is tough, we have a lot of things that are put before us in today's society, that makes it hard for us to be good parents, a lot of things to compete with, so this is an accomplishment for parents when their students graduate from high school. So thank you to the parents and congratulations to all the students."

Dr. Henrietta Mann, Cheyenne and Arapaho Tribal College president, said, "Today I want to acknowledged the revered and beloved spirits of the world, the Tsistsistas and Hinono'ei', called the Cheyenne and Arapaho in the English language, through their vision they created a tribal college in the heart of their territory, and next I would like to acknowledge all our ancestors without which we would have no identity, history, or culture, no music, without which we would have no dance and I would like to thank the boys from my home town of Hammon, Okla., the Red Moon Singers and finally all the children of the world for whom there would be no reason for education."

Mann gave a brief history of the Cheyenne and Arapaho Tribal College and read the vision statement and strategic goals of the tribal college. She also said, "The college was very appreciative of the funding from the tribe."

The keynote speaker for the evening was Robert Cook, Lakota, National Indian Education Association president, who went to college in Oklahoma and helped build Quail Springs Mall in Oklahoma City, attended Brigham Young University, played pickup games with Danny Ainge of the Boston Celtics, a father and husband, and carried an eagle feather for strength to help him face the crowds.

Cook acknowledged his parents, his wife, and children. He is the 40th president of the National Indian Education Association and was in attendance at the inauguration of President Barack Obama.

Cook said his grandparents worked diligently along with other people to successfully petition the federal government to return the land that was used as a bombing range back to his tribe.

"We need to stand together and prepare our young people to be proud of our identity, to protect our tribal lands, resources, sacred sites, to prepare for our right to quality health care, and to advocate for education equitably," Cook said. "But most important of all, assure that we prepare our future generation to stand strong and be proud of our identity, history, culture, and still speak our native language. Teach them to stand strong in our native tribal ceremonials and customs. We want our diverse and unique tribal histories taught appropriately, accurately, and respectfully in every classroom across the country. Through culture based education, we will truly educate mainstream America to the significant contributions made from our ancestors to this society."

Photo by Cecil Dawes

Dr. Henrietta Mann, Cheyenne and Arapaho Tribal College president and Robert Cook, National Indian Education Association president.

Courtney Clark, University of Arizona doctor of pharmacy graduate student, and Tabitha Winesberry, Azusa Pacific University honors graduate student, addressed the graduating seniors and each was presented with a blanket by the Department of Education.

Barbara Koebrick, retired title VII counselor, El Reno, was honored and presented with a blanket

Honored valedictorian awards were presented to Breanna Faris, Rikki Shook, and Saadia Tasso.

Presenting of the awards to graduating seniors were Dorsett and Roman Nose.

The closing prayer and comments were made by George Akeen.

Chief Gray declares Osage News independent

From the Office of the Principal Chief

(PAWHUSKA, Okla.) - In the April 2009 issue of the Osage News, the paper expressed cautious optimism that Chief Gray would issue an executive order declaring the paper's independence. On May 6, 2009, Principal Chief Jim Gray issued "Executive Order 09-03: Providing for a Free Press" thereby ordering elected officials and employs of the Nation to "refrain from interfering with the critical reporting of all issues of relevance to the Osage people," further stating that "the Osage News shall be independent from any undue influence of the Osage Nation Executive Branch and free of any particular political interest."

"I really think this finally sets us on the right path to giving our people reliable and intelligent reporting of information and views that will make our people better able to participate in our government as citizens," Gray stated.

The Executive Order further provides for the establishment of an Editorial Council, "to ensure and protect editorial integrity in an Osage free press and provide proper guidance and oversight." Those eligible for the Editorial Council must be at least 25 years old; not be a convicted felon, have demonstrable professional credential for at least five years, be physically able to carry out the duties, can not be an employee or elected official of the Osage Nation, and must swear an oath to uphold the accepted ethics of professional journalism.

"I am looking forward to our free press providing reliable and intelligent reporting that will stimulate the free flow of ideas and information amongst our Osage citizenry," Gray stated.

Northern Arapahos start new radio program

(ETHETE, Wyo.) - The Northern Arapaho tribe has started producing a new radio program dedicated to news and events on the Wind River Indian Reservation.

Tribal Public Relations Director Donovan Antelope said The Hei'towott (Hay-to-WAHT') News Hour serves as a radio broadcast version of the tribe's Hei'towott monthly newsletter.

The program began airing recently on KWRR, a tribally owned National Public Radio affiliate in Ethete.

Antelope said the hour-long program airs on Wednesdays and features local news and interviews with local or visiting officials. He said the program also includes health tips and trivia about the tribe. Antelope also said the Arapaho word Hei'towott translates in English as ``to tell the people or telling the people.''

Primary, General Election schedule

In accordance with the Constitution of the Cheyenne and Arapaho tribes, a Primary Election and a General Election will be held in 2009 for the following offices:

•Governor and Lieutenant Governor
•Legislator -- Arapaho District #1
•Legislator -- Arapaho District #2
•Legislator -- Cheyenne District #2
•Legislator – Cheyenne District #4

The Primary Election and General Election will be conducted according to the following schedule:

May 1, 2009
Nominations open for qualified candidates for four Legislative Offices, and for the Offices of Governor and Lieutenant Governor

June 1, 2009
Nominations closes at 4 p.m. for four Legislative Offices, and for the Offices of Governor and Lieutenant Governor

June 15, 2009
Preliminary List of Candidates posted

June 15, 2009
Initial Preliminary List of Voters posted (includes all persons who have registered to vote through June 15, 2009)

July 13, 2009
Voter registration closes at 4 p.m.; Final Preliminary List of Voters posted (includes all persons who have registered to vote through July 13, 2009)

July 15, 2009
Deadline to file written challenges to the Preliminary List of Candidates at 4 p.m.

July 15, 2009
Deadline to file written challenges to the Final Preliminary List of Voters at 4 p.m.

July 20, 2009
Deadline for the Election Commission to make a final decision on all challenges to Preliminary List of Candidates and the Final Preliminary List of Voters

July 20, 2009
Post Final List of Candidates; Post Final List of Voters

July 23, 2009
Deadline to mail out Absentee Ballots for the Primary Election to eligible voters

October 6, 2009
Primary Election day – Polls open from 7 a.m. to 7 p.m.

October 6, 2009
Absentee Ballots must be returned by mail to the Concho, Oklahoma, Post Office no later than 3 p.m.

October 6, 2009
Election Commission counts the ballots after the close of the polls

October 7, 2009
Preliminary results of the Primary Election are posted by 9 a.m.

October 8, 2009
Deadline to file a request for a recount --- No later than 9 a.m. (Within 24 hours of the time the preliminary results of the Primary Election are posted)

October 8, 2009
Deadline to file written challenges to the preliminary results of the Primary Election ---- No later than 9 a.m.

October 10, 2009
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the Primary Election ---- No later than 9 a.m.; Primary Election results are certified, and final results of the Primary Election are posted

October 13, 2009
Deadline to mail out Absentee Ballots for the General Election to eligible voters

November 3, 2009
General Election day – Polls open from 7 a.m. to 7 p.m.

November 3, 2009
Absentee Ballots must be returned by mail to the Concho, Oklahoma Post Office no later than 3 p.m.

November 3, 2009
Election Commission counts the ballots after the close of the polls

November 4, 2009
Preliminary results of the General Election are posted by 9 a.m.

November 5, 2009
Deadline to file a request for a recount ---- No later than 9 a.m. (Within 24 hours of the time the preliminary results of the General Election are posted)

November 5, 2009
Deadline to file written challenges to the General Election results — No later than 9 a.m.

November 7, 2009
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the General Election ---- No later than 9 a.m.; General Election results are certified, and final results of the General Election are posted

January 2, 2010
Oath of Office administered by a Justice of the Supreme Court to all newly elected officials

Posted this 1st day of May 2009, at the Tribal Headquarters, BIA Concho Agency, and other appropriate locations and newspapers.

Any inquiries regarding voter registration, candidate nominations, and any other election issues may be made in person or by mail to the Cheyenne and Arapaho tribes Election Commission at P.O. Box 26, Concho, OK 73022, (405) 422-7610, Toll Free: (800) 247-4612 ext. 27610, Fax: (405) 422-1186. Frederick Blackbear, chairman, Election Commission

C-1 District meetings

Seiling/Woodward Communities
From 6 to 8 p.m. Tuesday, May 26, 2009
Seiling Community Center

Canton/Watonga/Longdale Communities
From 6 to 8 p.m Thursday, May 28, 2009
Watonga Multi- Purpose Center

CLASS OF 2009

Cheyenne & Arapaho Graduates

CALLING ALL 2009 GRADUATES

Send your graduation photo along with your name, graduating school and degree (if applicable) to the Cheyenne and Arapaho Tribal Tribune for the 2009 graduation insert.

Email submissions to dattocknie@c-a-tribes.org and/or rmstephens@c-a-tribes.org or mail to P.O. Box 38, Concho, OK 73022.

DEADLINE FOR ALL PHOTOS IS MAY 31, 2009

Note: If mailing, please include a S.A.S.E. to receive your photo back.

Reminder:

The deadline to submit information for the June 1, 2009 *Tribal Tribune* is May 23, 2009. All late submissions will be placed in the following issue, unless space is available. - Deadlines are on the 8th and 23rd of each month, unless the date falls on a weekend, then the deadline will be the Friday before. -

All copy submitted is requested to be sent electronically in Microsoft Word, if possible, without boxes around the text or hyperlinks. We are unable to open Publisher documents nor can we publish copyrighted material without permission. *Thank you*

Tribal Tidbits.....

Photos by Rosemary Stephens

A community garden was planted on May 1, 2009 at the Cheyenne and Arapaho tribal complex.

The garden is being sponsored by the EPA office in conjunction with the Diabetes Wellness program and Economic Development program.

A special thank you goes out to O&M for the use of the tractor and Willard Tillman from the Oklahoma Black Historical Society for the plastic.

Dakota Black (r) pulls fencing tight while Gordon Yellowman, Jr. and Paarick Steel (below) brace the fence up along the posts.

Michelle Bigfoot steps into to help with the fence (above) while Greg Pedro (left) pulls the fence taunt.

Courtesy photos

R.E.Sp.E.C.T.'s bowling teams wound up the winter session with lots of fun, friendship and sportmanship.

Pictured left, the Red Moon team with Evonne Verhan, Ida Hoffman, John Hoffman and Carol Whiteskunk.

The Pinhead team members, Robert RomanNose, George Woods, Minnie Bushyhead and not pictured Rebecka RomanNose.

The C&W Reds team members John Hawk, Samantha Beale and not pictured, Marlin Hawk.

Pictured left is the Rising Force team members, Malaina TallBear, Margaret TallBear, Thomas Fasthorse and Ed Sage.

Courtesy photos

Students at the Clinton Head Start play dress up during center time.

R-William from Healthy Heart-run outside with the children teaching them the importance of physical exercise to the heart.

Students continue excercising by doing jumping jacks.

Salazar presents Sheldon Sankey with conservation award

(WASHINGTON, D.C.) - Secretary of the Interior Ken Salazar presented a Partners in Conservation Award to Sheldon Sankey of the Bureau of Indian Affairs, Eastern Oklahoma region, for developing fire prevention and education programs that promote partnerships at the local, state and federal levels.

It was one of 26 national awards to individuals and organizations presented at a ceremony at Interior headquarters in Washington, D.C. to honor "those who achieve natural resource goals in collaboration and partnership with others."

The 26 Partners in Conservation Awards recognize conservation achievements resulting from the cooperation and participation of a total of 600 individuals and organizations including landowners; citizens' groups; private sector and non-governmental organizations; and federal, state, local, and/or tribal governments.

"The Partners in Conservation Awards demonstrate that our greatest conservation legacies often emerge when stakeholders, agencies, and citizens from a wide range of backgrounds come together to address shared challenges," the Secretary said.

Sankey has developed numerous alliances with organizations throughout the state of Oklahoma to promote fire awareness and education. His active participation in cultural events and his dedication to establishing supportive partnerships within the communities has furthered his vision of proactive stewardship of the land.

He has been very successful in uniting the various interests of agencies and local communities, especially children, with more than 22 events that promoted and educated the Secretary's Stewardship goals to more than 6,000 children.

"These 26 awards recognize the dedicated efforts of thousands of people from all walks of life, from across our nation– and from across our borders with Canada and Mexico," Salazar said. "They celebrate partnerships that conserve and restore our nation's treasured landscapes and watersheds, partnerships that engage Native American communities and partnerships that engage youth."

Sheldon Sankey

Whitecloud delivers commencement speech

Submitted article

On Tuesday April 28, 2009, Cheyenne tribal member Alice Whitecloud of Tulsa, Okla. was asked to give a commencement speech for the Technical Institute of Cosmetology, Arts and Science in Tulsa, Okla.

She said this was a blessing bestowed upon her and states, "I was more than happy to assist with the graduation exercises. In my words, I got to encourage young men and women to follow their dreams and always walk with pride.

I let them know that their duty is very important to the human body. Nice hair is what the Hollywood stars want everyday and especially in the nightlight. Hair appearance is not only important to the stars but also to professionals, such as doctors, attorneys, teachers, people in the legislative level, clergy, etc.

It was an exciting experience for me, especially knowing that there was one full-blood male Creek student graduating. He sure did make his family proud.

I would like to have seen more American Indians graduating in the small, yet valued profession.

This was the second time that I delivered a commencement speech. A few years ago, I was honored by Sequoyah Indian School to deliver their commencement speech. Now that really thrilled me.

And since then I have had several students remember me and approach me letting me know that what I said was simple and plain that they remembered me for it.

When you are able to help your own kind in this way, it is extremely self-fulfilling."

DOE staff attends Tulsa library workshop

Submitted article

Four staff members of the Cheyenne and Arapaho Department of Education attended a workshop entitled "Foundation Funding and Helpful Government Websites," which was hosted and presented by the Tulsa City-County Library.

This was a free workshop and valuable information was received. The purpose was to identify funding from foundation and government agencies from private, state and federal sources.

Although the workshop had a limited amount of time to cover all materials, the goal was to get a greater understanding of sources of information and network with the people present.

Many tribal nations were represented, as well as librarians and museum directors. Everyone shared how they receive funding from the National Park Service, National Endowment for the Arts, and Institute of Museum and Library Services.

The workshop was followed by a dinner at Casa Laredo for more networking with others. But the highlight of the evening was getting the opportunity to hear Sherman Alexie, noted author of many titles, but most remembered for the screenplay for *Smoke Signals*.

Alexie introduced himself and gave a little bio. He is Spokane and Couer d'Alene Indian and grew up in Washington on the reservation.

He was born with hydroencaphalitis, water on the brain, but never let his disability limit his potential. Through his comedic portrayal of his life, he told of how he went to school on the reservation and opened one of his textbooks and found his mother's name on the front cover assigned to list. The reservation school was still using books from when his mom attended the school. He realized then that Indians were at a disadvantage.

He convinced himself to attend a white school on the reservation and that gave him the opportunity to expand his vocabulary instead of reading those black and white commodes where it says "CEREAL" or "BEEF" and has a picture of a cow.

He said in his native accent, "How can you expand your vocabulary if that was all you had available to read."

Through his humor, Alexie had a lot to say to both Indians and non-Indians. If one was to analyze what was shared, one would realize the demeaning acts toward Native American people.

Perhaps the phrase "Laugh, and the whole world laughs with you" best describes what Alexie has done.

Everyone laughed at what he said, because it was all so relevant and yet the hidden message of respect and courage was there for all to hear.

The evening ended with a book signing and pictures with the author.

Courtesy photo

(L to R) Francine Williams, Jennie Whiteman, Donna Rush, Sherman Alexie, and Kathleen Tallbear

Washita Battlefield National Historic Site celebrates National Park Week, Junior Ranger Day

Submitted article

On Saturday, April 25, 2009, Washita Battlefield National Historic Site was honored to have 25 new junior rangers and their families help celebrate National Park Week (April 18-26) and Junior Ranger Day. During this very special day in national parks all across the country, kids had the opportunity to connect with parks by participating in educational activities. After completing these activities, the children earned Junior Ranger badges, buttons, patches, and certificates.

The Junior Ranger motto "Explore, Learn, Protect" was very evident throughout the day as the park held a variety of events for the new Junior Rangers. The day began with a traditional blessing from Cheyenne Chief Gordon Yellowman. Later he discussed with the children the vital role horses played in the Cheyenne and Arapaho culture, as the kids drew their own pictures of horses.

James Coverdale a member of the Kiowa tribe portrayed a warrior. Coverdale talked about a woman's role in assembling the tipi as park guide Minoma Littlehawk raised the tipi poles. These poles were decorated with the sacred colors of the Medicine Wheel – white, yellow, red and black. In addition, he taught the children about ledger art. Several children went home with their very own "Winter Count," which is a Kiowa rendition of a pictograph calendar of summer and winter seasons.

Woodson Whitebird, who portrayed a Cheyenne warrior, explained how to make different kinds of arrows and taught other traditional activities. Rupert Nowlin, natural resource manager for the Cheyenne and Arapaho Tribes of Oklahoma showed how to stretch a buffalo hide. The U.S. Forest Service provided an exhibit challenging the kids' knowledge of quail habitat on the Black Kettle National Grasslands.

One of our most popular events was the "Warrior Yell," led by park guide Minoma Littlehawk, which is a game of endurance and stamina, allowing the children to earn their own eagle feather. She also taught the meaning of the different cuts warriors would use to decorate an eagle feather. Other fun activities led by park guides Christal Allen and Drew Hughes involved teaching children how to make their own tipi and how to play the ball and cup game.

Elders Day Out in April

Submitted article

The April Elders Day Out was in full swing on April 22, 2009 at the Elk City Convention Center. With spring in full effect, the Cheyenne and Arapaho elders had a full day of activities, including a last minute Easter egg hunt for the elders that didn't get to have one for the Easter holiday.

The participants had an opportunity to see old friends and meet new ones from around Cheyenne and Arapaho country.

The Darlington Public School brought 14 students to treat the elders to a short recital, singing two songs in Cheyenne and Arapaho titled *Esene Hane Jesus,* which is a Cheyenne hymn, *This World is not my own,* and *I have decided to follow Jesus,* which are both Arapaho hymns.

The Darlington Native American Education Coordinator Dara Franklin, and Cheyenne and Arapaho Johnson O'Malley (JOM) Director Francine Williams, who assists in teaching Cheyenne and Arapaho hymns, accompanied the students.

When the students completed their songs, the participants were presented with a short history lesson about Tai Chi and the importance of fall prevention by Dr. Sam Lackey.

Tai Chi is a Chinese form of Martial Arts practiced for a number of different health reasons such as better health and longevity. Tai Chi has several different training forms and techniques mostly slow moving motions are affiliated with the art and is more commonly known for fall prevention and combat for the more advanced and traditional forms.

"This is an art with a very interesting history and the facts of the art are very beneficial to many different people, especially elders, and will help with certain obstacles including falling and learning how to stay alert on your feet, which is a serious factor with elders all over," Lackey said.

Lackey also talked to the elders about how to get involved with the teachings of Tai Chi, which was taught to some of the R.E.Sp.E.C.T staff through training in Concho and Southwestern Oklahoma State University (SWOSU) in Weatherford.

The R.E.Sp.E.C.T staff spoke about the importance of fall prevention and Teisha Tallbear of the Clinton office, gave a brief explanation of the classes that are taught with the elders of the new Cheyenne and Arapaho Independent Living Center in Clinton.

Two participants gave the following testimonies:

1) "I think this is a great program for all of us elders," Ferrell (Gus) Wilson, of the Clinton Living Center, said. "I feel like a young man again, and if I wasn't taking these classes I would be feeling my age right now, but I don't, I feel like a different person."

2) "We all need to look into this because it helps with falls that we have all probably had before," Douglas Campbell, also from Clinton center, said. "The R.E.Sp.E.C.T program has given us a lot to be thankful for. We look forward to having these events that the program puts on for us, they have been real good to all of us being elders and we should take advantage of these things they give to us."

After the participants had lunch they were given white boiled eggs and decorations to decorate their own eggs for an Easter egg contest held after the Easter egg hunt. Betty Roman Nose won the egg-decorating contest.

"I've been to every Elders Days Out that R.E.Sp.E.C.T has put on," Roman Nose, of the Kingfisher community, said. "I appreciate what they have done for all of us as tribal elders, when they offer something to us we should take advantage of it, they give those of us a chance to get out of our houses and enjoy company with our friends."

Courtesy photo

Celebrating April birthday's are (l to r) Emma Lou Brewer, Margaret Howlingbuffalo, Norma Smith, Ramona George

The birthday announcements followed the hunt. Special birthday hats were given to the birthdays of April while Happy Birthday was sung by the audience. The people with April birthdays were Emma Lou Brewer from Elk City, Okla., Margaret Howlingbuffalo from Arapaho Okla., Norma Smith from Seiling, Okla., and Ramona George from Clinton, Okla.

After the egg judging and the birthdays, the staff gave the end of the day drawings for door prizes.

The Cheyenne and Arapaho CHR program was in attendance to offer free information to the elders who visited their booth. Other programs were the Cheyenne and Arapaho Diabetes Wellness Center, eyeglass department, and Contract Health.

The R.E.Sp.E.C.T staff would like to thank all the participants who attended the elder's day out and all the participants who have attended the activities sponsored by the program throughout the year.

For more information about upcoming events contact the R.E.Sp.E.C.T office at www.c-a-tribes.org/respect or call (405) 262-0345 ext.27570 or (800) 247-4612 ext.27570.

Attention Cheyenne, Arapaho students

Submitted article

The Cheyenne and Arapaho Scholars Program (CASP) would like to announce the deadline for the 2009 Oklahoma's Promise - Oklahoma Higher Learning Access Program (OHLAP). The OHLAP application can be found online at www.okpromise.org. Students are also encouraged to visit the Web site www.okcollegestart.org or parents may contact a school counselor for the application. The Cheyenne and Arapaho Department of Education can assist with applications if needed. Call (405) 422-7568.

To be eligible students must:

-be an Oklahoma resident

-be enrolled in the eighth, ninth, or tenth grade in an Oklahoma high school (home school students must be age 13, 14 or 15); and

-be the child of parents whose income is not more than $50,000 per year

A few OHLAP student requirements: Take 17 units of required high school courses to help get ready for college; Make a cumulative 2.5 GPA or better in the 17 units and a cumulative 2.5 GPA for overall high school career; Don't skip school; Do your homework; Don't abuse drugs or alcohol; Don't commit criminal or delinquent acts; and meet with a teacher, counselor or principal

"Once a student reaches the program's goals, Oklahoma's Promise will pay his/her tuition at an Oklahoma public two-year college or four-year university. It will also cover at least a portion of an Oklahoma accredited private college, university, or courses offered at public technology centers that qualify for credit from an Oklahoma public two-year college." (Source: http://www.okhighered.org/okpromise/student-requirements.shtml).

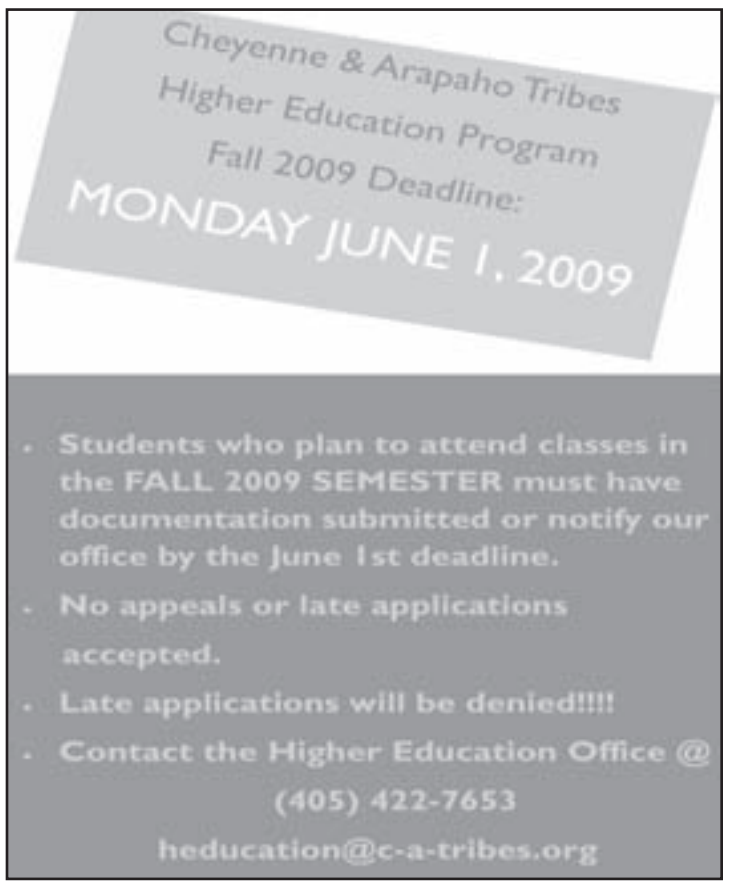
With the current economic situation and rising costs of college tuition, we strongly encourage students to apply for Oklahoma's Promise OHLAP. Counselors and parents are encouraged to work with students whole-heartedly to ensure they complete and submit their application by deadline, for the benefit of students and families.

All applications must be postmarked on or before June 30, 2009. Cheyenne and Arapaho students in the eighth, ninth, or tenth grade who have been accepted to the OHLAP are eligible for incentive awards. CASP will award a $75 incentive to tribal students who receive an acceptance letter from OHLAP and will pay incentives for each semester of satisfactory grade point average.

Contact Marshall Medicine Bear or wwhiteman@c-a-tribes.org if you have questions regarding OHLAP or to obtain a CASP application.

Applications will also be available at the Cheyenne and Arapaho Department of Education.

Marshall Medicine Bear mmedicinebear@c-a-tribes.org, SWOSU Native American counselor, (580) 791-0767, (405) 422-7568, Fax (405) 262-5419.



PTSD counseling available on Navajo Nation

(FARMINGTON, N.M.) - Members of the Navajo Nation should have an easier time getting treated for post-traumatic stress disorder under a new agreement to place social workers on tribal land.

The Navajo Area Indian Health Service and the Northern Arizona Veterans Affairs Health Care System recently agreed to locate social workers in the Fort Defiance Hospital and the Chinle Veterans Center.

Though both facilities are in Arizona, their services likely will be available to any Navajo veteran who needs help, Indian Health Service spokeswoman Jenny Notah said.

About 40 percent of all combat veterans, or an estimated 25 million U.S. soldiers, experience PTSD, which causes nightmares, flashbacks and exaggerated startle responses.

George Lawson, a licensed clinical social worker and member of the Veterans Affairs PTSD Outreach Team who is based at the Fort Defiance Hospital, said he serves about 20 clients per week.

His clients include veterans of World War II and the Korean, Vietnam and Persian Gulf wars.

Lawson said he did not know how many American Indian veterans are suffering from PTSD, but he thinks the problem is substantial.

``Tapping the numbers is difficult,'' he said. ``That's part of why we're here. We know the numbers are here, we just don't know how great they are.''

The health care agreement, spearheaded by the Northern Arizona Veterans Affairs Health Care Center, came on the heels of a federal Veterans Affairs grant, spokeswoman Ame Callahan said.

The grant allows VA employees based in the Prescott, Ariz., area to provide counseling and services in the remote locations on tribal land.

``We wanted to take the services to them instead of them having to travel a long way to us,'' Callahan said.

The agreement calls for the IHS to provide office space for the social workers.

The counselors will work within existing facilities. The two social workers also will help tribal members enroll with Veterans Affairs, get access to other health care options, counsel them on benefits and help them apply for disability benefits.

The Northern Arizona Veterans Affairs Health Care System also has plans to expand services to the Hopi Nation, Callahan said.

``Anyone can walk in as long as they're veterans,'' Callahan said. ``We also have family members participate. We want to get the younger folks who just came back from the war, and the elders who can say they've been through it. We want people to feel safe talking about it.''

Notice

Concho Community Building

To reserve the building contact Special Events Coordinator Elsie Sage

Cell: (405) 243-6289
Phone: (405) 422-7435

Influenza protection guidelines

Submitted article

As you may know, the World Health Organization has upgraded the pandemic alert phase to five. That is next to the highest level. We are asking that everyone beware of the situation and take precautions to protect yourself.

Here are some simple guidelines that you can do to help stop the spread of the virus.

Use proper hand hygiene:

There's a right way and useless way to wash hands and wash away micro-organisms. The object is to break down the protective membranes of germs, dislodge them from your hands and let them go down the drain. Plain soap in the right hands is strong stuff. Lather well with a bar of soap or squirt a coin size of liquid soap in the palm of your hand.

Vigorously rub your hands together, soap up between your fingers, AND your wrists, front and back for AT LEAST 15 seconds. Rinse under warm, RUNNING water. Remember, the object is to dislodge germs. The force of water is the key.

Thoroughly dry your hands with a disposable towel or under the blower, again, rubbing your hands together.

Discard the towel:

If you're using alcohol-based gels as hand cleansers: Put a dime-sized amount in one hand then vigorously rub your hands together and in between your fingers until the GEL IS DRY, about 30 seconds.

DO NOT touch your face!

Once your hands are clean, do not touch your face, nose, eyes or lips.

Rubbing your eyes and nose provides a freeway for micro-organisms and a good breeding ground once they've arrived.

Cover your cough!!

If you must cough or sneeze, cover your mouth with a tissue, your sleeve or your hand. Throw the tissue away in a waste basket. Do not leave discarded tissues on your desk or other surfaces. Then, wash your hands thoroughly. The throw-it-away part is essential. Micro-organisms live a life span from a few seconds to days on inanimate surfaces such as desks, phones, table tops, faucets … tissues.

If your tissues are scattered on your desk, they then are in contact with community surfaces. Both the tissues and the surface it sits on can spread germs to the person who merely touches your desk top.

JOM program news

Submitted article

The Cheyenne and Arapaho Johnson O'Malley (JOM) program staff and Indian Education Committee sponsored the 2009 senior awards recognition dinners on April 29 and 30, 2009 at the following locations.

This was our second year in providing a dinner for our JOM graduating seniors and parents. We give all of our seniors an incentive award, and each JOM community may provide additional awards depending on their budgets.

This year the Indian Education Committee gave each graduate a Pendleton portfolio.

We had two dinners, because we have such a large service area, and we try to accommodate all our students and parents.

This year dinners were as follows, Region I was at Cherokee Restaurant, Geary/I-40 exit on April 30, 2009 and Region II was at the White Dog Hill Restaurant in Clinton on April 29, 2009.

The JOM communities were broken down into two regions, and Region I consist of Calumet, Canton, Geary, Watonga, Kingfisher, Mustang, and Yukon. Region II consist of Weatherford, Clinton, Elk City, Hammon, Thomas, Seiling, and Woodward. We have 81 JOM seniors graduating for this year.

Courtesy photos

Region I - Top row (l-r) Ashley Reed, Blake Wickware, Johnnie Pittman, Trenton Red-Bird, Monica Toahty, Feather Tabor, Sarah Charley, Logan Castleberry. Middle row (l-r) Breanna Faris, Amy Reed, Ashley Pittman, Stephanie Black, Farah Charley. Bottom row (l-r) Tiffany Owen, Charlie Flores, Tessia Miller, Theresa Smith, Kayla Yates.

Region II students are (top row) left to right: Blake Welbourne, Victoria Shockley, Antonio Huddlen, Joscelyn Tapaha, Shalicia Fletcher (bottom row and center) Left to right are Tawny Bullcoming, Christopher Kester, Shana Clift, Jessica Slinkey, and Chelsea Warden.

Buffalo Meat Loaf

2 eggs beaten
½ cup milk
½ cup crushed saltine crackers or Italian bread crumbs
¼ cup dried onion
2 tablespoons Parsley
1 teaspoon salt
½ teaspoon sage
1 ½ lb. ground buffalo
Mix above ingredients well. Pat into a greased loaf pan. Bake for 1-¼ hrs. at 325 degrees.

Combine:
¼ cup ketchup
2 tablespoons brown sugar
1 teaspoon dried mustard
Spread over meat loaf and bake another 10 minutes.

(Serves 6-8)

Cooking with commods

Cheyenne and Arapaho Tribal Tribune

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DEADLINES:
The deadline for the 1st issue is the **23rd** *of the previous month and the deadline for the 15th issue is the* **8th** *of that month.*

EATING well for DIABETES

By Kristie Purdy, MA, RD/LD
C&A Diabetes Wellness Program

Summertime nutrition

With outdoor BBQ's and family picnics, the summer season brings an abundance of tasty and nutritious foods. Everyone, including people with diabetes should enjoy a balanced diet with plenty of fruits and vegetables. Summer provides a great opportunity to take advantage of fresh fruits and vegetables that are in season.

A diet high in fruits and vegetables can help to prevent symptoms of metabolic syndrome.

Metabolic syndrome is characterized by a group of risk factors including: high blood pressure, large waist size, increased levels of fats in the blood, and the body's inability to handle glucose, which can lead to the development of diabetes.

People with metabolic syndrome are also at increased risk for heart disease.

Most of us don't get the recommended amount of fruits and vegetables we need. Dietary guidelines suggest five to nine or more servings of fruits and vegetables a day.

People who eat a diet high in fruits and vegetables usually do not have a need to take extra vitamins. By eating a balanced diet with fruits and vegetables from a rainbow of colors, it is easy to obtain the essential vitamins and minerals your body needs.

Try to eat the peel of those fruits and vegetables that have an edible peel. The peel of many fruits and vegetables contain fiber. Fiber is a carbohydrate that is slowly digested. As a result, blood sugar levels rise slowly. A diet high in fiber can help reduce the risk of developing diabetes and heart disease.

Fresh produce taste best when in season. In tight economic times, it's hard to find a bargain, especially on fruits and vegetables.

To save money, buy fruits and vegetables that are in season. Fruits and vegetables in season are a litter cheaper than when purchased during other times of the year. Ask your local grocer or go to your local farmers market to find out what fruits and vegetables are in season and overwhelm yourself with the vibrant colors and wonderful aromas.

It's easy to incorporate fruits and vegetables into all your meals. Here are a few tips on ways to enjoy some of the summer's best in-season offering:

•Keep fruit and vegetables where you can see it. That way, you'll be more likely to eat it.

•Fresh fruit is great when added to cereal or oatmeal in the morning.

•Try putting bananas, strawberries or blueberries on pancakes and waffles.

•Keep a bowl of fresh fruit on the counter

•Refrigerate cut up fruits and vegetables in small bags for easy snacks on-the-run.

•When making a casserole or just warming up a can of soup, throw in some extra veggies to add to the mix.

•Don't limit your backyard grilling to steaks and hamburgers, fire-up the grill for fresh fruits and vegetables and create a new flavor for some of your old favorites.

•Try filling half your plate with vegetables.

•Try something new. When you're shopping at the grocery store, try a fruit or vegetable you have never tried before. You may find a new favorite.

•Blend a fruit smoothie to take with you in the car.

•Add chunks of fruit to low-fat yogurt.

•When making or ordering a sandwich, ask for extra veggies.

•Order a salad or fruit instead of fries. Be sure to order a low-fat dressing and limit high calorie toppings like croutons.

•Make a fruit roll-up. Take a tortilla and put some peanut butter on it. Load the tortilla with fruit and roll-it-up.

•Add vegetables to omelets.

•Add fruits to your salads, such as strawberries, pineapples, or oranges.

•Instead of having a typical dessert for dinner, have fruit. Strawberries and blueberries taste great with frozen yogurt.

•After you shop, use fresh fruits and vegetables in your meals and snacks first. Then use the canned fruits and vegetables latter in the week.

Plan for fruits and vegetables on-sale, so you can use then in your meals and snacks.

For questions concerning diabetes management, please contact the Cheyenne and Arapaho Diabetes Wellness program at (405)422-7688.

Oklahoma Tobacco Helpline
1 800 QUIT NOW

BRIEFS

The 30th annual National Indian and Native American Employment and Training Conference

May 17-21, 2009 in Sacramento, Calif. For more information or to register contact Lorenda T. Sanchez at (800) 748-5259.

Save The Child/Save The Teenager-Discipline and Reading Improvement Workshop

June 1-2, 2009 in Window Rock, Ariz. For more information call (800) 458-8071 or visit www.stcstt.com.

Society of American Indian Government Employees (SAIGE) sixth annual National Training Conference "Many Nations, One Spirit"

June 1-5, 2009 at the Town and Country Resort/Convention Center in San Diego, Calif. For information and online registration go to www.saige.org.

Micro Leadership Workshop

June 4-5, 2009 in Denver, Colo. Attend this training with school board and education involved tribal council members. Return with dozens of low or no-cost ways to ensure schools become focused on educational excellence. For more information call (800) 458-8071.

The 2009 Festival of Native American Culture

June 5-13, 2009 in Sedona Verde Valley, Ariz. A non-profit event with proceeds dedicated to the protection, preservation and interpretation of the Native American cultural heritage sites of Sedona and the Verde Valley. For more information visit www.festivalofnativeamericanculture.com.

Autism Research Institute-Defeat Autism Now Regional Conference

June 13-14, 2009 at the Embassy Suites in Norman, Okla. For a schedule of events or to register go to www.regonline.com/ari-oklahoma.

National Congress of American Indians Mid Year Conference

June 14-17, 2009 in Niagara Falls, N.Y. To register visit www.ncai.org.

The 2009 Building Surge Capacity for Emergencies or Disasters for Indian Health Centers, Tribal Representatives, Public Health Officers and First Responders

June 22-23, 2009 in Valley Center, Calif. For more information contact Pat Lavalas-Howe (916) 449-5763/Patricia.Lavalas-Howe@dhcs.ca.gov.

The 2009 New Mexico/Arizona chapter Native American Human Resources Association Conference

June 22-23, 2009 at the Isleta Resort and Casino in Albuquerque, N.M. For more information visit www.na-hra.org.

The 18th annual Renaissance of the Native American Flute Workshop

June 23 - 30, 2009 at the Tarkio River Lodge in Missoula, Mont. For more information or to register contact Ken Light (406) 726-3353 or by email at aoflutes@blackfoot.net.

Supervision and Management Skills-Leadership in the Tribal Workplace

May 20-21, 2009 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com/conference.

CULTURAL CORNER

Arapaho History: 1840 - 1865

By Abraham Pedro

National Overview

Beginning in 1803, the United States purchased from France over 800,000 square miles of land that encompassed over 14 modern day states ranging from west of the Mississippi to the rocky mountains. This was known as the Louisiana Purchase, this doubled the US territory, and from this start, this began federally paid excursions to explore much of western America, much of which was at this time uncharted, in the hopes of expanding westward settlement for American interests.

These expeditions were part of a competitive interest into the area, since, at this time, Spain's territory included the colony of Santa Fe, N.M. One of these excursions was known as the Lewis and Clark Expedition of 1803, in which American explorers were assigned, essentially, to find the headwaters of the Missouri river. This led them to the northernmost Rocky Mountains, and also contacts with some rather excluded tribes, such as the Blackfeet.

Other expeditions soon followed, sponsored by the two competing British rival fur trading companies for mapping future trading post sites, the Hudson Bay Company, and the North West Company. Other such expeditions sponsored by the United States came back with the report that the western plains was a "Great American Desert" because of the lack of vegetation and rather aridity of the Great Plains Area. The next area that was considered for settlement was Oregon, where all one had to do was show up and would be granted great tracts of land for settlement. Thus, in the 1820s, great swaths of Americans tracked the six-month track across America in hopes of resettling in Oregon, and keeping the Brits out, where there was also the burgeoning Fur industry. The Oregon trail was to the north of Colorado, yet, this also led to the appearance of mountain men in the great plains and eastern rocky mountain area, in search of suitable populations of beavers for their pelts through the early 1800s. However,

In 1848, Gold was discovered in California, which was also gained from Mexico after the Mexican-American War of 1846-48, which became known as the Gold Rush, and led to hundreds of thousands of pioneers moving to California. In 1858, Gold was also discovered in western Kansas, which precipitated the Pike's Peak Gold Rush of 1861, which led to over one hundred thousand euro-Americans moving into Cheyenne and Arapaho Tribal territory. Of course, small parties of Gold seekers were now known to have found gold in the mountains and areas of modern day Denver from the 1840s on, but it did not become common knowledge until then. This led to this area becoming the officially recognized territory of Colorado, before this, it was actually known as being part of the territory of Kansas.

Arapaho History: 1840's to 1865

By 1800s the Arapaho had melded into four main bands, with the southern Arapaho generally holding the territory between the north and south Platte Rivers. One band of southern Arapaho actually had became allies with the Comanche and Kiowa before actual peace was made in 1840 with the Cheyenne and the Arapaho, and were known to raid as far south as México with them. When Euro-Americans intruded into Arapaho lands by westward migration in the 1840s and 1850s, leaders of Arapaho bands initiated a strategy of "distance" of low profile invisibility. This was made possible in large part by the seclusion that the parks and foothills of the mountains provided.

After the Gold Rush of 1848 in California, more and more gold seekers started to appear across our traditional territories. In 1851, in the Treaty of Fort Laramie, the Arapaho, along with over 10,000 members of the plains tribes such as the Sioux, Cheyenne, Mandan, Assiniboine, Crow, Gros Ventres, and Arikara, made a treaty with the US Federal Government. This was at Horse Creek along the Platte River, 30 miles from Fort Laramie. In this treaty, certain provisions were given in exchange that these tribes would not harm any settlers. The Arapaho accepted a 23.5 million acre tract of land between the two Platte Rivers in South Eastern Colorado to which they retired peaceably.

It wasn't until the 1860s that the Arapaho bands began to experience the effects of permanent non-Indian settlement in their territory in direct violation of the Treaty of Fort Laramie. In 1858, in the Boulder Valley, a contingent of Arapahos Led by Chief Niwat (Lefthand) met the first settlers to the region, after which they promptly told them to go away. This was led by a colonel Aikins, who was leading a party of gold seekers to the area. After much deliberation at the verge of war, in a sense of pity, since the Arapaho could have easily wiped them out, they were allowed to stay, which was the first of many encounters as the area rapidly became populated with white settlers.

The gold rush of the early 1860s brought immigrants that set up permanent settlements, loss of game and a racist ideology for acquiring resources. Small acts of resistance by indigenous peoples were used to justify American aggression. In 1860, the Arapaho had their last buffalo kill in their territory as buffalo became rapidly depleted. In 1862, an uprising led by Sioux forces in Michigan left the American public jittery and nervous when it came to Indian people. As attacks increased by all sides, by 1864, the Colorado territory had created a militia that had begun to patrol any roving bands of Indian renegades in response to a brutal slaughter of the Hungate family 25 miles north of Denver. In response, the two camps of peaceable Cheyenne and Arapaho in the area went to the Territorial Governor John Evans for any assistance to this situation. They were told to camp at the area of Sand Creek where they would be granted safety.

The war policy against Indian peoples led to the Third Colorado Regiment of Militia led by Col. John Chivington (a Methodist minister) to search for any bands of hostile natives. Failing to find any, out of frustration, Chivington went to Sand Creek where he led the attack of an Arapaho camp led by Chief Left Hand, and a Cheyenne Camp under Black Kettle on Nov. 29, 1864. Both Leaders had declared peace with the territorial governor's proclamation and had the American Flags flying over their camps at this time. Over 180 men, women and children were killed and mutilated at this time, all their belongings destroyed and their horses taken. Chivington was hailed as a hero by Colorado but in the rest of America, this was considered a brutal "massacre." President Abraham Lincoln censured Chivington, kicked Governor Evans out of office and put Colorado under martial law. Regardless, this completely shattered and irrevocably created the end to peaceable relations to the white man and the Cheyenne and Arapaho Tribes. This led to a war between settlers and Cheyenne and Arapahos (amongst other tribes involved in the same turmoil), which went on with much bloodshed on both sides. This eventually culminated into a peace treaty signed in 1865.

At this point, the true separation of the Northern Arapaho and Southern Arapaho happened as the Northern Arapaho bands moved out of Colorado and on into Wyoming, where there were still plenty of buffalo herds and where there were still very few non-Indian inhabitants only around the forts.

Next issue: 1867 on: Medicine Lodge Treaty and the Relocation Era

If you have any questions or comments, I enjoy any feedback and any way I can help. Feel free to reach me at my direct extension: (405) 422-7729, or me email: ADPedro@c-a-tribes.org Wohei! HoHouHinono'eino

study

Continued from page 1

ber of American Indian students is Oklahoma with 120,122 students. Yet, Oklahoma has the smallest state Indian education staff - a staff of one.

Two other examples include Arizona and New Mexico. Arizona has 67, 498 students and an Indian education staff of three to five. New Mexico has 36, 210 students and a staff of nine. This information was obtained from a 2007 National Caucus of Native American State Legislators report/presentation titled "Striving to Achieve."

The report shows that both Washington and Oklahoma do not have Indian education laws. Washington does have laws for Indian history and language. Oklahoma has a law for Native American languages.

Arizona, Montana and New Mexico have Indian education laws.

Cook said there needs to be more than a band-aid approach. The example he gave was having a drum group go to a school once on Native American Heritage day.

Instead, he said, they need to develop more culturally responsive teachers, and be able to teach languages and Indian studies, rather than looking at native education from a museum perspective.

"Where does a tribal citizen learn about their tribal history and government," Cheyenne and Arapaho tribes Department of Education Director Quinton Roman Nose said.

The discussion also covered what is and what is not taught in public schools regarding American Indian history, the contributions tribes make to the states and their respective districts via gaming funds and employment, drop out rates, truancy, and the transition American Indian students go through when transferring into a public school.

Justice said it's important for students to have a chance to learn about their own culture and have respect for other cultures. "We can't fully respect until we understand each others cultures," he said.

In order to learn more about, and eventually improve, the state of education for American Indian students, Coody and Justice agreed to help make a joint proposal for an interim study to be done.

"It will take time, but at least we can make a start," Coody said.

Courtesy photo

Darlington School language class students who performed tribal hymns during the Elk City Elders Day Conference on April 22, 2009. They sang, "I have decided to follow Jesus" in Cheyenne and Arapaho. They sang, "This World is Not My Home" in Arapaho.

CALENDAR of Events

Arts and Crafts Show and Competition
May 15, 2009 at Clinton Health Center. Entries must be turned in by noon on May 15, 2009, Entrants must be in school. For more information, call Carolyn Fletcher (580) 331-3366.

O.I.T. performances
May 15 and June 5, 2009 at The Fatboy Saloon, 5816 S. Agnew in Oklahoma City.

Leona Whiteshield Birthday/Honor dance
Saturday May 16, 2009 Fonda Community Hall in Seiling, Okla. Supper at 5 p.m. Sponsored by Family and Friends. For Information call Janae Limpy (405) 889-3555.

Fourteenth CSUE Youth powwow
May 16, 2009 Clinton Indian Health Center grounds, in Clinton, Okla. Also, an arts and crafts show/competition will be held – entries due by noon on May 15, 2009. For more information, call (580) 331-3366. Interested vendors, call (580) 331-3343.

Hattie Nicole "Nikki" Frye graduation honor dance
At 2 p.m. May 16, 2009 in the Concho Community Hall. Special contest: Men and women traditional. Supper at 6 p.m. For more information call, Carol Whiteskunk at (580) 772-2676.

Fourth annual Native Justice powwow
Begins at 2 p.m. May 16, 2009 at the University of Tulsa Chapman Commons, 11th Street and Ticker Drive.

Kiowa Black Leggins Society
May 16-17, 2009 at Indian City, Anadarko, Okla. Presentation of colors, dancing, sining of War Mothers song. For more information call (405) 247-5661.

R.E.Sp.E.C.T. Cheyenne and Arapaho Youth Council meeting
From 1 to 3 p.m. May 17, 2009 at Concho Community Hall.

Graduation powwow for Courtney Reeder
May 17, 2009 at the Community Hall in Concho, Okla. Gourd dance 3 p.m. and supper served at 5 p.m. Public is welcome. For more information call Sonya Reeder (405) 893-2775.

R.E.Sp.E.C.T. Adult Bowling League
May 18, 2009 at El Reno Bowl

Employee Wellness on Lupus
From 10 a.m. to 3 p.m. May 19, 2009 in the Cheyenne and Arapaho complex conference room. Sponsored by the tribes' Health Education program. For more information, call (405) 422-7674.

Sidney Lauren Jessepe graduation honor dance
May 22, 2009 at Hammon Community Hall. Supper at 5 p.m. with dance to follow. For more information, call Carol at (580) 772-2676, Jo at (580) 890-9267 or Rose at (785) 966-2670.

R.E.Sp.E.C.T. Three year anniversary carnival
From 5:30 p.m. to 9 p.m. on May 22, 2009 at the Concho ball fields.

Pioneer Days
May 23, 2009 in Watonga, Okla. For more information call (580) 623-2200.

Concho Lucky Star Casino 15th anniversary celebration
May 22-24, 2009. Performance by Gretchen Wilson on May 22 and O.I.T. on May 23, 2009.

Robbie and David Hawk graduation dance
May 23, 2009 Concho Community Center. Gourd dance 3 p.m. Supper 5 p.m.

Joscelyn Rose Tapaha graduation dance
May 24, 2009 at the Fonda Community Hall. Meal served from 12:30 to 1:30 p.m. with the dance to follow. Tapaha is a Seiling High School senior and will graduate on May 23, 2009.

Calumet High School 2009 graduates honor dance
May 24, 2009 at the Concho Community Hall in Concho, Okla. Gourd dancing at 2 p.m., and meal at 5 p.m. with dancing to follow.

R.E.Sp.E.C.T. Cheyenne and Arapaho Youth Council incentive trip
May 29-30, 2009.

Henry A. Wetselline memorial dance
May 30, 2009 Concho dance grounds. Supper at 6 p.m. Vendors welcome. Special invitation to Native American Marine Corps Association and Patriot Guard Riders of Oklahoma.

The 23rd annual Red Earth Festival
June 5-7, 2009 at the Cox Convention Center in downtown Oklahoma City.

Crimson Creek Golf Course Tournament
June 6, 2009 in El Reno, Okla. Registration/lunch at 11:30 a.m. Tee off at 1 p.m. Four person scramble. Mulligans available. For more information call Jerry Levi (405) 262-6118 or (405) 615-4933

Oldies Dance
7 p.m.- Midnight, June 6, 2009 at the Community Center in Concho, Okla. Featuring 60s costume contest, prizes and lots of dancing. For more information contact Mary Zumwalt (405) 921-5103.

Continued on page 9

Recovery Act projects to benefit national park areas in Oklahoma

The National Park Service (NPS) announced nearly 800 projects totaling $750 million that can be completed across the country with funding from the American Recovery and Reinvestment Act of 2009.

This major effort includes projects in the agency's Intermountain Region, which includes Montana, Wyoming, Utah, Colorado, New Mexico, Arizona, Oklahoma, and Texas.

"These projects are an investment in America's future that will create jobs, stimulate the economies of local communities, and get our country moving again," Secretary of the Interior Ken Salazar said. "They are also an investment in telling the story of America to future generations through our national parks by conserving our awe-inspiring landscapes, our rich culture, and our great heritage."

"We will use Recovery Act funding to make a difference in parks," said NPS Acting Director Dan Wenk. "We will fix trails, invest in energy-efficient vehicles, build new visitor facilities, clean up abandoned mine sites, increase our ability to generate power from the sun, and finally complete overdue maintenance on our buildings and roads."

A full list of National Park Service projects is available at http://www.interior.gov/recovery/nps.

Approved projects for Oklahoma national park areas include:

Chickasaw National Recreation Area; Sulphur, Okla.

Rehabilitate Comfort Stations to Improve Health and Safety; Rehabilitate the Travertine Nature Center; Repair the Rock Creek Multi-Use Trail; Repair trails at Buckhorn Campground to Improve Accessibility

Washita Battlefield National Historic Site; Cheyenne, Okla.

Replace Fence Along Park Boundary

Chickasaw Total $522 - Washita Battlefield Total $37 - OK Total $559.

"As the largest region of the National Park Service, we are very pleased that these and scores of other projects will begin soon at parks across our eight states, from Montana to Texas," Intermountain Region Director Mike Snyder said. "This is an important opportunity to help boost local economies and put more people to work when our country most needs it. We are especially grateful that this recovery effort will help us do the job America asks of us daily: To protect and improve our national parks, and to make these scenic, historic and cultural jewels available to more generations of park visitors."

"We look forward to spending this money in a manner that will help the local economy and improve the visitor experience for everyone who treasures our fabulous national park areas in Oklahoma," said Bruce Noble, superintendent of Chickasaw National Recreation Area and Oklahoma State coordinator.

All the projects announced are long-standing priorities of the National Park Service and meet the criteria put forth in the Recovery Act: namely, that a project addresses the Department's highest-priority mission needs; generates the largest number of jobs in the shortest period of time; and creates lasting value for the American public.

Salazar has pledged unprecedented levels of transparency and accountability in the implementation of the Department's economic recovery projects.

The public will be able to follow the progress of each project on the recovery Web site and www.interior.gov/recovery/nps.

Democrats ask Justice to probe treatment of `freedmen'

(WASHINGTON, DC) - A small group of powerful House Democrats has asked the Justice Department to investigate whether five major Oklahoma tribes are engaging in modern-day racial segregation against black ``freedmen'' who are descendants of former tribal slaves.

The lawmakers, including House Judiciary Committee Chairman John Conyers of Michigan and former civil rights leader John Lewis of Georgia, say five major tribes have been systematically removing freedmen from their membership or relegating them to second-class status without voting rights and other benefits.

In a letter sent last week, they asked Attorney General Eric Holder to investigate whether the tribes are violating treaties and breaking the law.

``Over 40 years after enactment of the landmark Civil Rights and Voting Rights Acts, there is a place in the United States that African Americans cannot vote or receive federal benefits as a matter of law,'' the letter says. ``They are called `freedmen,' but they are anything but free.''

The lawmakers said the tribes' practices prevent the slave descendants from accessing millions of dollars in federal tribal funding for housing, health care and other services.

Justice Department spokesman Andrew Ames said the agency would ``review the letter to determine what action, if any, is appropriate.''

Mike Miller, a spokesman for the Cherokee Nation, one of the tribes named in the letter, called it ``sad but not surprising.''

``As the Cherokee Nation has explained to more than 100 members of Congress through meetings, this issue has never been about race but only about who is a citizen of an Indian Nation,'' Miller said.

Jon Velie, an attorney who has represented freedmen in a bid to stop the Cherokee Nation from revoking their tribal citizenship, said:

``The letter sent from six of the most influential members of Congress is a great sign of hope for the Freedmen, who have endured a second-class status for too long. Congress' champions of civil rights have taken the issue of the Freedmen to Attorney General Eric Holder _ a man who has shown great courage in taking on the issue of race.''

Cherokees and other tribes have long argued that they simply want to restrict their membership to blood descendants.

Concerns about the treatment of tribal slave descendants have been growing on Capitol Hill in recent years, particularly among the Congressional Black Caucus.

The issue heated up two years ago when the Cherokee Nation voted in a ballot initiative to amend the nation's constitution to remove about 2,800 freedmen and other non-Indians from tribal rolls.

Rep. Diane Watson, D-Calif., led an effort to withhold the tribe's federal funding. In 2007, the House voted to take away some of the Cherokees' money if they didn't restore citizenship rights to freedmen. But the bill was later amended, allowing the money to continue flowing as long as a temporary tribal court order giving freedmen citizenship remains in place.

The issue is now in federal court, and the U.S. government has said previously it would wait for the litigation to be resolved before taking action on the matter.

A similar dispute occurred in 2000 after the Seminole Nation voted to oust freedmen descendants from its tribe.

In their letter, the Democrats called for Holder to investigate not just Cherokee and Seminole practices but also Choctaw, Creek and Chickasaw tribes. They said many ``illegal expulsions'' date back decades.

Other lawmakers signing the letter were Watson, Congressional Black Caucus Chairwoman Barbara Lee, D-Calif., House Financial Services Committee Chairman Barney Frank, D-Mass., and Rep. Sheila Jackson Lee, D-Texas.

American Fidelity Foundation to sponsor scholarships for Oklahoma teachers to attend Red Earth festival

(OKLAHOMA CITY) – The American Fidelity Foundation will sponsor special scholarships to fund admission for Oklahoma educators to attend the 2009 Red Earth Native American Cultural Festival.

The festival is scheduled June 5-7, 2009 in downtown Oklahoma City.

The award-winning Red Earth festival will host educators of grades K-12 for an in-service that incorporates Native arts and culture into language arts, social studies and visual arts curriculum.

The program will allow Red Earth to expand the ability of Oklahoma educators to apply the visual arts to their curriculum by engaging staff through self guided tours at the Red Earth festival.

Through the special scholarships, Oklahoma teachers will have the opportunity to meet and interact with artists from tribes from through the US and Canada.

They will also have the opportunity to experience the Red Earth dance competition and view hundreds of dancers during the grand entry of dancers.

Red Earth festival scholarship recipients will receive two passes to attend the event at the Cox Convention Center.

Scholarships are limited and applications can be accessed at www.redearth.org.

For additional information call (405) 427-5228.

Courtesy photo

Summer Food Service Program 2009

Free breakfast and lunch for children 18 and under from June 1 to 18, 2009.

Meals will be served at:

Lincoln, Rose Witcher, Hillcrest, Webster and El Reno Junior High School.

Serving times are:

Breakfast 7:30 – 8:30 a.m. and lunch 11 to 12:30 p.m.

For more information call Shirley Cantrell at (405) 262-4287.

Roblyer Middle Schools National Honors Society

Submitted article

Roblyer Middle Schools National Honors Society members 2008-2009. Their banquet was May 7, 2009 at Roblyer.

The members are: Shyanne Alexander, Lita Feddersen, Hailey Garrett, Austin Heibel, Regan Herren, Conner Howard, Mary Ellen Jensen, Ryleigh Kouba, Elaina Muller, Baleigh Owens, Dwight Pape, Lydie Whitman, Emily Adams, Jayce Andrade, Mason Archer, Alexander Broyles, Blake Dauphin, Tel DuPris, Emma Emory, Tyler Hughey, Dustin Hutchinson, Rees Nelson, Megan Norton, Fatima Quinones, Shelbi Reed, Mason Ross, Paige Sellers, Matison White, Peyton Archer, Kelsey Becktol, Baylee Corwin, Harrison Fairchild, Taylor Felton, Trace Gatz, Kalani Gradle, Rachel Hobson, Jordan Jeffers, Hailey Robinson. Mrs. Billie Garrison is over the National Honors Society at Roblyer.

The student names are not in order and some of the members were unable to make the picture.

CSUEA Youth Powwow

Submitted article

Reigning at the 14th annual CSUEA Youth Powwow will be Kayleigh Raeann George as senior princess and Abigail Jordan Reynolds as junior princess.

George is Kiowa, Chickasaw and Choctaw and a resident of Mountain View, Okla. George is 16 years old and the daughter of Jody and Tracy George, the granddaughter of Lillie and Carol Bottom of Mountain View, Martha West of Cortez, Colo., and Ralph and Judy Kauley of Wichita Falls, Texas.

She is a sophomore at Mountain View-Gotebo High School where she maintains a 3.85 GPA and is active in softball, basketball and band. George enjoys hanging out with friends and family, talking on the phone, and going to school.

George has one sister, Ashlyn. Her mother, Tracy George, is the acting CHS supervisor at the Clinton Indian Health Center

Abigail Reynolds is Cheyenne and Navajo and resides in Clinton, Okla. She is the 13 year-old daughter of Sheldon Sr. and Jacqueline Reynolds of Clinton, the granddaughter of the late Roger Reynolds and Janice Prairiechief and the late Efford Tsosie and Gail Tsosie of Fort Defiance, Ariz.

Her mother is a medical records technician at the Clinton Indian Health Center. Reynolds' Navajo clan is Tachiinii (red running into the water) and her Cheyenne name is vanaheo'o (Sage Woman). Reynolds was born in Fort Defiance, Ariz.

She is an eighth grader at Clinton Middle School where she participates in basketball and other competitive sports. She is versatile and competes in both fancy shawl and jingle. She has two sisters, Shelby and Kayla, one brother, Sheldon Jr. and three dogs, Boomer, Lala and Meeja.

She enjoys texting and hanging out with her friends and siblings.

Charlene Wassana, CSUEA-YP president, states, "Both of these young ladies represent the best in our youth today. Careful consideration was made in choosing these young ladies and I'm sure they will do an excellent job of representing our powwow."

Everyone is invited to this year's powwow!

Hillcrest Kindergarteners visit Rose Witcher Elementary

Courtesy photo

Submitted article

Hillcrest Kindergarteners visiting Rose Witcher on Thursday, May 7, 2009. Rose Witcher Elementary had their morning assembly with Hillcrest there.

They welcomed Hillcrest students and let them know there morning procedure and then they went on a tour of the school. The students had a lot of fun and will be ready for next year.

El Reno High School band goes to state competitions

Courtesy photo

Submitted article

The El Reno High School Band, State participants on April 23, 2009 at Oklahoma State University (OSU) in Stillwater and Tri State participants on April 30, 2009 at Enid.

From left to right: Taylor Roblyer (Tri State & State), Jordan Weaver (Tri State), Breanna Basler (Tri State), Briley Schweitzer (Tri State), Emily Gillespie (Tri State & State), Kendra Collins (Tri State & State), Aaron Gooden (Tri State), and Erin Miller (State) she wasn't available for pictures.

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ECONOMIC DEVELOPMENTS

Cattle purchase

On May 1, 2009 the Farm and Ranch Program completed the purchase of 32 yearling heifers.

These heifers will be used as the seed herd for future cattle enterprises. They were collected from the private producer and taken directly to the veterinarian clinic for their full range of vaccinations, etc.

They have also been microchipped for identification purposes in accordance to USDA guidelines and can now be traced back to the tribes as the original owner.

As of yet they have not been branded and the Farm and Ranch/Buffalo Program would like to invite our tribal youth to submit drawings for a 'Tribal Brand' to be registered with the appropriate agencies.

The new brands will be a freeze brand, which does not leave a scar but changes the hair color to white for easy identification.

Buffalo return to Canton

On April 30, 2009 the Farm & Ranch/Buffalo Program transferred 10 male buffalo to the Canton Reserve. They were transported from the Concho Reserve by the 'Concho Crew.'

Courtesy photo

They are now residing in the 'old buffalo pens' area of the Canton Reserve. This area has been undergoing renovation and expansion over the last couple of years. The work performed by the 'Canton Crew' of the Farm & Ranch/Buffalo Program has included conversion to native grass, shrub/red cedar removal, prescribed burns and buffalo fence building.

They have also been active in helping maintain the Canton tribal camping area and helping in shrub removal at the Colony powwow grounds.

In the near future we will begin the 'buffalo fencing' of an additional 200 plus acres of native grass pasture. This area has recently undergone shrub/red cedar removal and a prescribed burn in preparation for additional buffalo.

This was an event that not only the tribal members of the Canton/Seiling area but also the entire tribe can be proud of. It is symbolic of all the tribal efforts for improvements and expansion.

Economic Development- Buffalo Program

The Economic Development- Buffalo Program venture is selling buffalo meat and jerky products to the Cheyenne and Arapaho Tribes, tribal casinos and smoke shop. Buffalo meat and jerky are available for sale at the program office located in the Concho Smoke Shop building. Meat products are pre-packaged

We are also seeking logo NAME for the buffalo meat and jerky products. We encourage tribal youth to submit entries for our product name.

There is no age limit and you can enter up to four logo names per entry. Please include your name, age, address, and contact number.

Mail entries to:Economic Development- Buffalo, P.O. Box 96, Concho, OK 73022. If you have any questions please call (405) 422-7454 or 422-7677 directly or (800) 247-4612, ext 27454 or 27677.

Money Order, Cashier Checks, and cash ONLY! No personal checks accepted, sorry for any inconveniences. Payment made to:Economic Development- Buffalo Program.

Geary Community Nursing Home

GNH welcomes newest resident

Submitted article

We would like to welcome our newest resident, Betty J. James she came to us from her home in Geary, Okla. She was born on June 21, 1925 in Comanche Okla.

James was an only child. Her father was a farmer and her mother made clothes for all the children and grandchildren in the family.

Her father was very talented and could play almost any instrument. He played at all the barn dances.

Her parents later owned and operated the White House Café in Chickasha, Okla. James remembers as a child, living on the farm, her dad would build a block and set in the floor of a covered wagon. He then set a tub on the block. He would heat bricks in the oven and put them in the tub of water and that is how they would stay warm making the trip to town on cold days.

One year around Christmas their home burned and the neighbors moved in another home for them.

Her mother used cardboard boxes and paper to insulate the home.

Her grandpa Garrison was a Cherokee Indian and he raised bees. Those bees attacked him one day and stung him to death.

Her husband worked for the Louisiana Arkansas gas company and he retired after 25 years receiving several awards including a watch. James worked as a nurses' aide and also did in home care for people.

She always enjoyed cooking and sewing. She is now retired and enjoys every minute of it. Her favorite thing to do is going to senior citizen events and country western dancing. Her favorite time of the year is fall because she loves the changing colors of the leaves. She has two daughters who reside in Geary.

James is fun, enthusiastic and a joy to visit with.

Betty J. James

With Love

We would like to extend our love and sympathy to the family of Sharon Coyote Robe. She will be greatly missed by all who knew her. She was greatly loved by all the staff and residents. She made many friends here while living at the nursing home and it was a joy to be able to care for her in her time of need.

The 2009 RED EARTH FESTIVAL SCHEDULE (TENTATIVE)

THURSDAY, JUNE 4

Ambassador of the Year Luncheon honoring Principal Chief Chad Smith, Skirvin Hotel ($50 Individual Tickets or Corporate Tables for 10 $1,500 available by contacting the Red Earth office.)

FRIDAY, JUNE 5

10:30 a.m.: Parade through downtown Oklahoma City
11a.m. – 8 p.m.: Art Market, Native Exchange Vendor Area, Youth Art Exhibit, Children's Activities and Cultural Performance Stage Open
Noon and 7 p.m.: Dance Grand Entry
1 p.m. – 5 p.m.: Dance Competition
5 p.m. – 7 p.m.: Gourd Dance
8 p.m. – 10 p.m.: Dance Competition

SATURDAY, JUNE 6

8 a.m. – 5K Run and 2K Fun Run, Regatta Park
10 a.m. – 8 p.m.: Art Market, Native Exchange Vendor Area, Youth Art Exhibit, Children's Activities and Cultural Performance Stage Open
Noon and 7 p.m.: Dance Grand Entry
1 p.m. – 5 p.m.: Dance Competition
5 p.m. – 7 p.m.: Gourd Dance
8 p.m. – 10 p.m.: Dance Competition

SUNDAY, JUNE 7

11 a.m. – 5 p.m.: Art Market, Native Exchange Vendor Area, Youth Art Exhibit, Children's Activities and Cultural Performance Stage Open
Noon: Dance Grand Entry
1 p.m. – 4 p.m.: Dance Competition
2 p.m. – 3 p.m.: Youth Art Awards Ceremony
4 p.m. – 6 p.m.: Dance Awards Presentation

Governor, Indian leaders meet at first summit

(ACOMA PUEBLO, N.M.) - Leaders from New Mexico's 22 American Indian tribes, nations and pueblos met with Gov. Bill Richardson on May 5, 2009 for the first of what will become an annual summit to promote cooperation between state and tribal governments.

The State Tribal Collaboration Act, passed during this year's legislative session, mandates an annual summit and requires all state agencies to appoint at least one liaison who will work with tribal governments.

Richardson and state Indian Affairs Secretary Alvin Warren said the summit, held at Acoma Pueblo's Sky City Hotel Casino, was a success.

``From the ambitious agenda set out by our leaders today, a course of action has now been determined to jointly address some of the most pressing concerns and needs of tribal communities and improve government-to-government relations,'' Warren said.

The summit focused on infrastructure, economic development, education and health care. Leaders agreed to find ways to enhance the state's tribal infrastructure fund, boost economic development in tribal communities and increase student retention and success.

Other priorities include implementing additional prevention measures for chronic ailments, increasing the numbers of Indian health practitioners and continuing collaboration on drunken driving prevention and enforcement efforts.

Acoma Pueblo Gov. Chandler Sanchez said the summit offered tribal leaders an opportunity to address issues of mutual concern.

``This summit brings us face to face, leader to leader and sovereign government to government to promote sustainable state-tribal collaboration and partnership,'' Sanchez said.

In addition to the summit and appointment of agency tribal liaisons, the collaboration act requires all state agencies to provide special training for employees who work with tribes and to develop by the end of the year policies that promote better communication with tribes.

CALENDAR of Events

Continued

Kids All American Fishing Derby

From 7:30 a.m. - noon June 6, 2009 at Arcadia Lake. Free entry, kids 5-15 years. For more information call (405) 216-7471.

Crimson Creek Golf Course Tournament

June 6, 2009 in El Reno, Okla. Registration/lunch at 11:30 a.m. Tee off at 1 p.m. Four person scramble. Mulligans available. For more information call Jerry Levi (405) 262-6118 or (405) 615-4933.

Oakerhater Center Art Camp

June 9-12, 2009. For children in ninth-12th grade. Explore Native American art with artists from around the state. For more information contact Jim Kee-Rees for information and registration at (405) 974-0024.

Battle on the Plainz Dance Competitions-Ha'Stylez

From 2 p.m. - midnight June 13, 2009 at the Community Center in Concho, Okla. For more information call (405) 262-1268.

Tinker Inter-Tribal Council Powwow-Honoring our Veterans

June 13, 2009 at the Joe B. Barnes Regional Park in Midwest City, Okla.Open invitation to all veteran organizations, princesses and drums. For more information contact Jim Ross (405) 760-2768. For vendor information contact Marsha Lena (405) 733-3587.

Summer Transportation Institute to begin

The Langston University National Summer Transportation Institute Programs (LU-NSTI) in Oklahoma will conduct a Summer Transportation Institute for junior high and middle school students.

Since the program objective is to help provide America with a diverse workforce in the transportation industry, recruitment efforts will focus on females, minority students, the disadvantaged, and students with disabilities. Twenty fifth, sixth or seventh grade students in the Oklahoma City area (or who can stay with relatives or family friends that live in Oklahoma City during the program) will be selected for the upcoming 2009 NSTI-Junior High/Middle School (JH/MS) program in Oklahoma from July 19 to 31.

Students are selected on the basis of interest in pursuing a college degree and documented academic performance, particularly in science and math courses. Additionally, very important to the program are recommendations of the counselors and teachers.

Langston University at Oklahoma City is the host of the NSTI-JH/MS non-residential program, and will provide the participating students with meals, activities and academic and enhancement programs. All expenses are paid, plus students receive a $200 stipend upon successful completion of the program.

Classroom activities will begin promptly at 8 a.m. every morning and conclude at5 p.m. Breakfast and lunch will be provided at no extra expense to the students or their parents.

For more information, call M. Kay Wachtstetter at (405) 466-6113 or email me at mkwachtstetter@lunet.edu.

GET HELP OR HELP OUT

National Crime Victims Rights Week -April 26-May 2

If you are a victim of crime, you have many services available to help you. For information about victim's rights, services and criminal and juvenile justice resources, see the list below.

If you would like to assist crime victims, many volunteer opportunities are available. Fore more information on volunteering go to www.crimevictims.gov.

- Battered Women's Justice Project (800) 903-0111 www.bwjp.org/menu.htm
- Bureau of Indian Affairs, Indian Country Child Abuse Hotline (800) 633-5155 www.doi.gov/bia
- Childhelp USA National Hotline (800) 4-A-CHILD www.childhelp.org
- Child Welfare Information Gateway (800) 394-3366 www.childwelfare.gov
- Federal Trade Commission Identity Theft Hotline (877) ID-THEFT www.ftc.gov/bcp/edu/microsites/idtheft
- Mothers Against Drunk Driving (800) GET-MADD www.madd.org
- National Center for missing and Exploited Children (800) 843-5678 www.missingkids.com
- National Center for Victims of Crime, National Crime Victims Helpline (800) FYI-CALL www.ncvc.org
- National Children's Alliance (800) 239-9950 www.nca-online.org
- National Clearinghouse for Alcohol and Drug Information (800) 729-6686 http://ncadi.samhsa.gov
- National Crime Prevention Council (800) NCPC-911 www.ncpc.org
- National Criminal Justice Reference Service/Office for Victims of Crime Resources Center (800) 851-3420 www.ojp.usdoj.gov/ovc/ovcres/welcome.html
- National Domestic Violence Hotline (800) 799-SAFE www.ndvh.org
- National Fraud Information Hotline (800) 876-7060 www.fraud.org
- National Organization for Victims Assistance (800) TRY-NOVA www.trynova.org
- National Organization of Parents of Murdered Children, Inc. (888) 818-POMC www.pomc.com
- National Resource Center on Domestic Violence (800) 537-2238 www.nrcdv.org
- National Sexual Violence Resource Center (877) 739-3895 www.nsvrc.org
- Office for Victims of Crime Training and Technical Assistance Center (866) OVC-TTAC www.ojp.usdoj.gov/ovc/assist/welcome.html
- Rape, Abuse and Incest National Network (800) 656-HOPE http://online.rainn.org
- Resource Center on Domestic Violence Child Protection and Custody (800) 527-3223 www.ncjfcj.org/content/view/29/250
- United States Postal Inspection Service (877) 876-2455 http://postalinspectors.uspis.gov

HAPPY BIRTHDAY

Happy 18th Birthday
May 23
Alisha Black
From your mom, dad, Kim, Norma, Herman, Mason, Naima and everybody in your WhiteBuffalo and Black families

Happy Mother's Day
Marie Black
From Devon Cecil Black
Your one and only son

Happy Birthday Shayona Littlesun
May 30th
From the Concho Child Care Center

Happy Birthday Shavella Adena Tiger
We love you!
From Mom, Dad, Sami, Seth & Shonae

Happy Birthday Grandpa Phillip May 10th,
We love you Jacob, Jonah, Marley and Illi.

CONGRATS

Congratulations Our Lil Miss!
Darlington Kindergarten Graduate
Brandy Lynn Fasthorse ... Love
Auntie Malaina, Uncle Cody, Elijah, & Lylah

CONGRATS

Congratulations Baby! We are so proud!
Darlington Kindergarten Graduate
Elijah Tall Bear Sage Love-
Momma, Cody, Lylah, Grandma Deb,
Grandpa Mock, Quickponies, Auntie Margaret
& Unkie Mitch

Happy 38th Birthday
Heather Lucian aka Hez, HXL, and Mamabear
We love ya!
From your friends,
Pooh Bear and Me

Happy Birthday Kayden Littlesun
6 years old
Maheo blessed us all!
Love ya!
The Montana Bunch,
Washington Crew
And all of us in Oklahoma

Happy Birthday Shay Littlesun
28 years old
Maheo blessed us all!
Love you!
The Montana Bunch,
Washington Crew
And all of us in Oklahoma

Happy Birthday
34 years old
May 26
To our best nephew
Forrest H. Fire, Sr.
From all your cousins,
Stonecalf, Fire, Riggs-
Happy Birthday
Sherrill Stonecalf
May 24
From Jon, Jan, Salehi

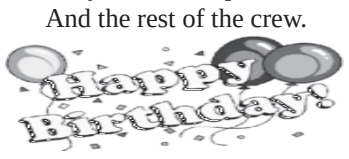
Happy Mother's Day
Lillian Rose "Carol" Richey
Dear Mom:
I want you to know how special you are ...
You have always been there for me and the twins!
We appreciate you so much!
I love you and hope you had a wonderful Mother's Day!
Love always, Lou, Marcus & Marissa

Happy Birthday Christopher Tachawwickah-May 4
Shout out to my brother Jimmy. I send my love and respects.

Happy birthday and God Bless all and may all your wishes come true love you all: to Irene BullComing , Lattona Puente, Chilo Rivas, Cassius Champ BullComing. from the Puentes, Rivas's, and BullComing Familys

Happy Birthday Sophia
May 24 – 1 year old
From your friends
at Concho Child
Develoopment Center

Happy Belated Birthday to Marlon Don Chabon Whitlow
April 4th
Happy Birthday William Joseph Whitlow II
May 18th
We love you!!!
Grandma Dara, Auntie Kay
Kay, Auntie Stephanie
And the rest of the crew.



Thank you

Thanks to Francine Williams, J.O.M. coordinator, Mary Jo Higgins, C3 legislator and Eddie Hamilton, R.E.Sp.E.C.T. director for donating food and prizes for our Easter party held on April 11, 2009 at the Thomas Park in Thomas, Okla. Also a big thank you to Bill TallBear who cooked the food for us!

Remembering My Brothers
Nelson Wolfchief Jr. and John TallBear.

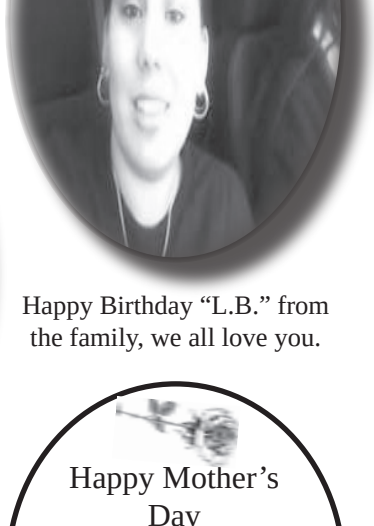
It's been four years on May 14th, when God called both of you home. I sometimes think, of you both when you were little boys and then became men and you were called to serve the military in Viet Nam. I miss you and remember you every day. I know I will see you again.

Your Older Sister, Sherry Wells

Happy Birthday "L.B." from the family, we all love you.

Happy Birthday & Happy Mother's Day
Leona Whiteshield
We love you!
Brian and Janae

Happy Mother's Day
Beverly Limpy & Andrea Limpy
Love Janae Limpy!



Happy Belated Birthday to Marlon Don Chabon Whitlow
April 4th
Happy Birthday William Joseph Whitlow II
May 18th
We love you!!!
Grandma Dara, Auntie Kay
Kay, Auntie Stephanie
And the rest of the crew.

Happy Birthday Jason Gallegos
From all your friends at Clinton Head Start

Happy Birthday Pooh
May 15th
Love your little sister
Bernie

Congratulations to our grandson Waymon Alexander Wells who Will be graduating June 5, 2009 from Fernley High School in Fernley, Nevada. We are proud of you and love you.
Your grandparents
Sherry and Waymon Wells

Happy Birthday Kaydence
May 13
5 years old
We love you sissy
Mom, Karl and Nathan

Happy Belated Birthday
DADDY-May 1st
I LOVE YOU!
With Love
Hazel Ruby Gaines

Happy 6th Birthday
Paige Primeaux
Congratulations on your kindergarten graduation!
You are a blessing to each of us. We love you from Mom, Hawk, Chandler, Logan, Dad, Grandma Freda and Grandpa Charlie

Happy 9th Birthday
Jayci Bear!!!
May 28th
Your still our little Princess. We love you So much!!! Mom, Dad, and Bubbas Joshua and Jacen.

Happy Birthday
Juanita Perez aka BJ
May 26
From the Concho Child Care Center

We want to wish Ruth Bearshield, wife and mother a very HAPPY BIRTHDAY!!!!
From her son and husband.

Competing at the Special Olympics

Teresa and Kassidi Rice, both of Thomas, Okla. competed in the Special Olympics competitions held April 4, 2009 at the Weatherford High School in Weatherford, Okla.

Kassidi, 15, competed in the softball throw and placed 4th in her age group. Teresa, 40, competed in the softball throw, placing 2nd and the 25-meter walk placing 1st in her age group. Teresa carried the torch during the opening session of the Special Olympics and was chosen as the Athlete of the Area for 2009.

"This was a great honor for me," Teresa said.

Every year Teresa and Kassidi compete in Special Olympics. Kassidi has been involved with Special Olympics for eight years and Teresa is Kassidi's Olympic coach.

Both Teresa and Kassidi will be competing in October 2009 in the bowling category.

Teresa is the Johnson O'Malley (JOM) chairman. This is her second year as chairman. She has two brothers, Luke Rice and Jack Edwards and two sisters, Lori Penner and Eva Rice. She has two children, Kassidi, 15 and Kendrick Lee Humphreys, 6. Teresa is also a certified Special Olympics coach in track, field and bowling and she enjoys Native American dancing, powwows and her friends.

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to:
Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

Child Care Worker
Emergency Youth Shelter

QUALIFICATIONS:
High School Diploma or GED. Preference given to post secondary training in child development, nutrition, culinary arts, or psychology. One year's experience working in situations related to children. Must possess certification as a child care worker as authorized by (OKCARE) or the University of Oklahoma College of Continuing Education/National Resource Center for Youth Services or be in the process of obtaining certification within one year of employment. Must be able and willing to work alternating eight and 12 hour shifts, weekends, nights and holidays.Must retain a valid Oklahoma driver's license and have a clean driving record. Must pass extensive criminal record check. Have a telephone in place of residence or cell phone.Three current letters of references required. Must have current TB skin test or chest x-ray and obtain/pass a complete physical. Cheyenne-Arapaho preference.

SALARY: Negotiable

Internal Auditor
Gaming Commission

QUALIFICATIONS:
Four-year degree in accounting, business or work experience equivalent in auditing of gaming facilities preferred. A CPA, CIA or CFE licensure preference. Knowledge of accounting, auditing principles/standards and familiarity with various computer systems and applications. Skilled in preparing concise reports, interpreting and applying regulations. Must possess strong skills in applying complete fact finding, analytical and problem solving methods and techniques. Ability to work any shift and/or days necessary to assist personnel. Ability to develop and maintain a team environment and to manage multiple priorities. Ability to organize work assignments and maintain work files and work under deadlines. Willingness to attend training. Must maintain a valid Oklahoma driver's license. Must pass a pre-employment drug test and subject to random testing throughout employment. Must maintain gaming license throughout employment in this position. Have reliable transportation. Ensure confidentiality. Preference given to enrolled member Cheyenne and Arapaho tribes, enrolled member of another tribe, non-Native American.

SALARY: Negotiable

House Parent- PT/On Call
Emergency Youth Shelter

QUALIFICATIONS:
High school diploma or GED, with preference given to post secondary training in the following related fields of child development, nutrition, culinary arts or psychology. One year's experience working in situations relating to children. Must be able and willing to work alternating shifts on weekends, nights and holidays. Must retain a valid Oklahoma driver's license and have a clean driving record. Must pass criminal record check. Must have a telephone or cell phone at place of residence. Three current letters of references required. Current TB skin test or chest x-ray, pass complete physical examination and mandatory drug testing.

SALARY: Negotiable

Staff Assistant
Elderly Nutrition Center

QUALIFICATIONS:
Possess a high school diploma or GED certification. Valid Oklahoma driver's license. Prefer 55 years of age or older. Cheyenne and Arapaho tribal preference

SALARY: Negotiable

The Cheyenne and Arapaho tribal complex will be closed on Monday May 25, 2009 in observance of Memorial Day.

Media Camera Operator
On-Call

QUALIFICATIONS:
This is an on call position and will be required to assist media supervisor with set-up, breakdown, and properly run camera for special and annual Tribal Council meetings. Must be able to work weekends and evenings. Seniors in high school or high school diploma or GED certified. Complete two hours educational training for proper use of equipment through Department of Education. Have the ability to work with tribal members and the public. Valid state driver's license required. Native American preference.

SALARY: Negotiable

Cook-Site Supervisor
Elderly Nutrition Center

QUALIFICATIONS:
Experience in meal preparation for at least 60 people at one time and experience in menu planning. Must have valid Oklahoma driver's license. Experience in inventory control, stock reordering and knowledge of state and tribal health regulations. Must have the ability to speak or understand the Cheyenne and Arapaho languages. Preference given to 55 years of age or older. Cheyenne and Arapaho preference.

SALARY: Negotiable

Important Notice

It is with regret that the Culture and Heritage Program informs all Cheyenne and Arapaho tribal members of a loss of service.

Effective ***May 15, 2009*** the Culture and Heritage program will **NO LONGER** disburse Pendleton Blankets to families in the event of an unfortunate death.

We sincerely apologize for this inconvenience, but due to budget constraints the blankets are no longer an allowable expense.

Thank you for your cooperation and understanding.

Congratulations

Submitted article

Zachary Crump

Zachary Crump is the son of David Michael and Debbie Crump. He is the grandson of Gordon Bertrand (Bert) Crump and the great-great-grandson of Cheyenne Belle. He is currently attending Oklahoma State University (OSU).

In addition to working toward his goal of becoming a physical therapist, Crump is also a member of the OSU football team (#39). As a walk-on linebacker, Crump is one of the strongest members of the team. He benches over 500 lbs. and hack squats 1800 lbs. On April 30, 2009, he broke the OSU record and state record benching 225 lbs., 41 reps.

"Zac is certainly trying to live up to his Indian name Buffalo Shoulders," Crump's father said.

Crump, 19, is a 2008 graduate of Jenks High School where he also played middle linebacker on the football team that won back-to-back 6-A State Championships.

Congratulations

Congratulations for your win of second place at the NAYO All Indian Youth Basketball tournament, you made it all the way to the championship game with only five players. We are very proud of the whole team and we want our girls, Chaleina and Taylor, to know we are proud of their accomplishments, and their efforts in joining another team, which gives them experience and a means of making new friends. Love Mom and Dad, Frank & Denise Whiteman .

Nibs marches on with R.O.T.C.

Ellington Nibs

Submitted article

Ellington Nibs is a freshman at Carl Albert High School in Midwest City, Okla. and an enrolled member of the Cheyenne tribe. Nibs is also of the Creek tribe heritage. Nibs is enrolled in the ROTC program and has completed this year with honors. He received four medals for his endeavors and accomplishments.

The ROTC students made a trip to Houston, Texas and competed in the drill competition. While there they visited the Houston Space Center. Nibs wishes to thank the R.E.Sp.E.C.T program for making it possible for him to go the trip.

The ROTC students are involved in various community activities such as the Midwest City Festival of Lights. They patrolled the traffic during the holiday run, held a concession stand at all the University of Oklahoma (OU) football games and they are involved in the Oklahoma Department of Transportation (ODOT) highway program where they have an assigned portion highway that they maintain.

Nibs plans to enroll in the program until he graduates from high school. He will then be eligible for a commission into the Air Force.

His proud mother is Sandra Nibs, brothers, Easton, Elliott and Ronald Roy. His grandmother, Nancy Nibs, is the receptionist for the Cheyenne and Arapaho tribes governor's office. His uncles are Anthony and Tim Nibs, Jr. and his aunt is Marsha Lena.

The family gives many Ah-Hos to Tom Levi for taking the pictures of him.

Buffalo Meat Disbursement

The C-A Diabetes Wellness Program has received word the buffalo meat is on its way! We will begin the Buffalo Meat Disbursement on Monday, May 18.

As a reminder, the C-A Diabetes Wellness Program offers the buffalo meat distribution through a grant. This is a supplemental program for elders and diagnosed diabetic clients who are within the grant guidelines. Due to the demand for this program, we would like to remind you of the guidelines to be eligible for participation.

- *You must be an enrolled Cheyenne-Arapaho tribal member or a member of a federally recognized tribe.*
- *You must be a diagnosed diabetic or 55 years-old and older.*
- *Only one disbursement of buffalo meat will be given per household. You cannot give the same address as another participant.*
- *You must live within the Cheyenne-Arapaho county service area.*

This grant has limited funding. To continue to offer the buffalo meat distribution, we are obligated to enforce these guidelines; therefore, we will be verifying proof of eligibility for every participant. All participants will be asked to provide proof of eligibility to continue further participation. If you do not meet the guideline, you will no longer be able to receive the buffalo meat.

If you have any questions, please feel free to contact us at (405)422-7688

Performing at the Oklahoma State Capitol

Courtesy photos
Pictured l-r: Toby Rhoads, Sen. Harold Wright, Isaac Rhoads and Elijah Judge Beaver Rhoads at the Oklahoma State Capitol.

Submitted article

Elijah Judge Beaver Rhoads, 12, and a sixth-grader at Washington Elementary School in Clinton, Okla. was invited to sing and dance at the Oklahoma State Capitol on May 4, 2009.

Pictured above (l-r): Irene Williams, Kimberly Rhoads, Lt. Gov. Jari Askins and Elijah Beaver-Rhoads.

Rhoads was invited to perform for Sen, Harold Wright and Lt. Gov. Jari Askins as part of Native American folklore. Rhoads father, Isaac and his uncle Toby performed drum songs as Rhoads danced.

Recently Rhoads placed third in grass dancing during the Bixby High School Indian Heritage Club's sixth annual powwow.

Rhoads is a member of the Washington Elementary School choir, Cyclone Singers and an A student.

"I was very proud of my son dancing at the Capitol, dancing is a tradition in our family and when I see Elijah performing … it brings back memories of when I performed through the Clinton public school system," Isaac Rhoads said. "Elijah's beadwork he wore belonged to his grandfather, my dad, Paul Rhoads."

Rhoads dances ballroom style, break dancing as well as Native American traditional dancing and has two younger brothers, Joshua, 5, and Michael, 7.

His family is very proud of him and said they wanted him to know how special he is in all the lives he touches.

Employee Committee gives thanks

The Employee Committee would like to thank the departments who have contributed to make our year a success!

A HUGE thank you to the executive office for all the dinners they sponsored and incentives they have donated to the Employee Committee.

We would also like to thank R.E.Sp.E.C.T. and Culture and Heritage for their monetary donations.

Thank you to Economic Development, Culture and Heritage, COMIT, Diabetes Wellness and R.E.Sp.E.C.T. for the incentives they donated.

Individual thanks go to Shawn Bert, Jane Cometsevah, Virginia Reyes, Diamond Cleveland, Wendy Haag, Teresa Dorsett, Linda Hulbutta, and Christine Noah for helping serve or running to town for drinks at the Thanksgiving Dinner; to Janna Presley, Jane Cometsevah, and her boys for helping with the eggs for the Easter egg hunt, thank you!

Good luck to the new committee!

Respectfully, Rebecca Risenhoover, chairwoman; Deanna Gardipee, vice-chairwoman; Nick Barton, treasurer

Thank you

The BullComing family would like to thank all the people who prayed and came to see how my father was doing Vernon BullComing in the hospital.

We the BullComing family would like thank the crisis department also for their help. this is from all his daughters Verna Rivas, Cheryl Limpy, Ida One bear, Ramona Bullcoming, Irene BullComing, Lattona Puente, Carol BullComing, Wife Rhoda BullComing, Son Wilson BullComing thank you very much for all the prayers.

ANITA greenwalt
NICK'S barber shop
1515 Sunset Dr.
El Reno, OK
262-1132
NO APPOINTMENT NECESSARY

TRIBAL TRIBUNE
DEADLINES
The **8th** and **23rd** of each month

A.A meetings 7 p.m.-Every Wednesday
N.A. meetings 8 p.m.-Every Thursday
George Hawkins Memorial Treatment Center
East of Clinton on Airport Road.
For more information (580) 331-2370

Central Hair & Nail Salon
3518 N. MacArthur
(405) 943-1819
Hours: Tues-Fri 10-6:30
Sat 10-6
Haircuts, Perms
Color, Wax
Spa Pedicures
Georgia McGee
14 years experience
(405) 200-7424

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*Septic
Dennis Whitfield 405.279.3684
Lori Eberhart 918.225.3059

Cheyenne , Arapaho Tribes Employees Luncheon

Angela Blind

Photos by Rosemary Stephens

The 2008 Employee Committee welcomes the newly elected 2009 committee.

From left-right: Deanna Gardipee-2008 vice-chairwoman, Annette Howell-2009 vice-chairwoman, Eva Olguin-2009 secretary, Nick Barton-2008 treasurer, Janna Presley-2009 treasurer, Cecil Gray-2009 chairman and Rebecca Risenhoover-2008 chairwoman.

Toni Cartwright

Carol Kaulaity accepts a recognition award for seven years of employment.

Anne Pedro and Amaris Sweezy share some laughs.

Christine Morton is recognized for six years of employment.

Virginia Reyes

Lillian Rose "Carol" Richey is recognized for five years of employment.

Malaina TallBear and March Blind trying to keep a straight face.

Melissa Curley anticipates what's in her goody bag.

The 2009 Employee of the Year award went to Ervin Bull, inspector for the Cheyenne and Arapaho Housing Authority.

Congratulations for a job well done from the 2008-2009 Cheyenne and Arapaho Employee Committee and Gov. Darrell Flyingman.

Courtesy photo